

John, 1653

A
True Gentlewoman's
DELIGHT.
Wherein is contained all
manner of **COOKERY:**

Together with { *Preserving,*
Conserving,
Drying
and
Candying,

Very necessary for all Ladies
and Gentlewomen.

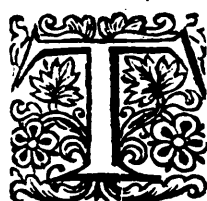
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L O N D O N,
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To the Vertuous and most Hopeful
Gentlewoman, *Mrs. Anne Pile*, Eldest
Daughter of the Honourable Sir *Francis*
Pile Baronet, deceased.

Most accomplisht Lady,



He many singular favours, which I have received, not only from your worthy self, but also from your thrice noble progenitors, justly oblige me by all the due ties of gratitude, to tender a just acknowledgement : I wish the same heart, thar for man and just causes truly honours you, had any present worthy your acceptance. Now shall it be your singular goodness to patronage this smal Treatise, which (if I mistake not) carries with it two parts, Delight, and Utility. I doubt not then, but that it will find a general acceptance among all those, who are any way the least Lovers of such pleasing and all delightful studies. I intend not to paraphrase upon its worth, its use, and singular profit, which abundantly speaks it second unto none that have been published of the like nature : So hoping you will accordingly esteem of it, I beg pardon for my boldness, and rest ever,

*A true and faithful honourer of
your transparent Vertues,*

A 2

W. J.



TO THE READER.

Friendly Reader,

Here thou hast a *small Treatise entituled,*
A true Gentlewomans Delight, pre-
sented to thy view: be so courteous as to read
before thou censure it. If then the effect be
answerable to it's name, I shall be right glad:
If there be any Errors, it will be no error, but
a singular token of thy exemplar humanity to
pass it by, and sign it with thy pardon; for
which I engage myself,

Thine on the
like occasion.
W. J.



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(1)



A TRUE GENTLEWOMANS DELIGHT.

To make an excellent Jelly.



Take three gallons of fair water, boyie in it a knuckle of Veal, and two Calves feet slit in two, with all the fat clear taken from between the claws, so let them boyl to a very tender Jelly, keeping it clean scummed, and the edges of the pot, alwayes wiped with a clean cloth, that none of the scum may boyl in, then strain it from the meat, and let it stand all night, the next morning take away the top and the bottome, and take to every quart of this Jelly, half a pint of Sherrie Sack, half an ounce of Cinnamon, and as much Sugar as will season it, fix whites of Egges very well beaten, mingle all these together, then boyl it half an hour, and let it run through your Jelly Bag.

To make a Christal Jelly.

Take two Calves feet, fley them, and lay them in fair spring water with a knuckle of Veal, shift it in half a dosen waters, take out the fat betwixt the claws,

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claws, but do not break the Bones, for if you do, the marrow of the Bones will stain the Jelly, when they are soft and pickt very clean, boyl them very tender in spring Water, when they be boyled tender, take them up, and use them at your pleasure to eat, let the broth stand in an earthen pot or pipkin till it be cold, then take away the bottome and the top, and put the clear into a fair pipkin, put into it halfe a pound of fair Sugar-candie, or other Sugar, three drops of oyl of Nutmeg, three drops of oyl of Mace, and a grain of Musk, and so let it boyl leasurely a quarter of an hour, then let it run through a Jelly Bag into a gallie pot when it is cold, you may serve it in little carelesse lumps being taken out with a childes spoon, and this is the best way to make your Christal Jelly.

To make Apple Cream at any time.

Take twelve Pippins, pare and slit them, then put them in a skillet, and some Claret Wine, and a race of Ginger shred thin, and a little Lemon pilled small, and a little Sugar, let all these stand together till they be soft, then take them off, and put them in a dish till they be cold, then take a quart of Cream boyled with a little Nutmeg a while, then put in as much of the apple stuffe, to make it of what thicknesse you please, and so serve it up.

To make a Trifle Cream.

Take some Cream, and boyl it with a cut Nutmeg, and Lemon pill a while, then take it off, cool it a little, and season it with a little Rosewater and Sugar to your taste, let this be put in the thing you serve it in, then put in a little Runnet to make it come, then it is fit to eat.

To make clouted Cream.

Take three gallons of new Milk, set it on the fire till

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till it boyleth, make a hole in the middle of the cream of the Milk, then take a pottle or three pints of very good cream, put it into the hole you made in the middle of the Milk as it boyleth, and let it boyl together half an hour, then put it into three or four Milk-pans, so let it stand two dayes, if the weather be not too hot, then take it up in clouts with a scummer or slice, and put it in that which you will serve it, if you like it seasoned, you may put some Rosewater between every clout as you lay one upon another, with your slice in the dish you mean to serve it in.

To make a Quince Cream.

Take the Quinces and put them into boyling water unpared, and let them boyle very fast uncovered that they may not colour, and when they are very tender, take them off, and peel them, and beat the pap very small with Sugar, and then take raw cream, and mix with it, till it be of fit thicknesse to eat like a cream, but if you boyl the cream with a stick of Cinnamon, I think it the better, but it must stand till it be cold before you put it to the Quinces.

To make a fresh Cheese.

Take a pint of fresh cream set it on the fire, then take the white of six egges, beat them very well, and wring in the juice of a good Lemon into the whites, when the cream seeths up, put in the whites, and stirre it about till it be turned, and then take it off, and put it into the cheese-cloth, and let the whay be drawn from it, then take the curd and pound it in a Stone mortar with a little Rose-water and Sugar, then put it into an earthen Cullender, and so let it stand till you send it to table, then put it into a dish, and put a little sweet cream to it, and so serve it in.

To make a Codling Cream.

After your Codlings be thoroughly cooled and yilded, put them into a silver dish, and fill the dish almost half full with Rosewater, and half a pound of Sugar, boyle all this liquor together, untill halfe be consumed, and keep it stirring till it be ready, then fill up your dish with sweet cream, and stirre it till it be well mingled, and when it hath boyled round about the dish, take it up, sweeten it with Sugar, and serve it cold.

How to make a Goosberry Fool.

Take your Goosberries and pick them, and put them into clean water, and boyl them till they be all as thick that you cannot discern what it is to the value of a quart, take six yolks of Egges well beaten with Rose-water, and before you put in your Egges, season it well with Sugar, then strain your Egges, and let them boyl a little while, then take it up, and put it into a broad dish, and let it stand, till it be cold, thus it must be eaten.

How to make a White Fool.

Take a quart of Cream, and set it over the fire and boyle it with whole Cinnamon, and sliced Nutmeg, and Sugar, then when it is almost ready take the whites of six Egges, well beaten with Rose-water, and skum off the froth from them, and put it into the Cream, and boyle it together a pretty while, then season it, and take the whole Spice out of it, and put it up in a broad dish, and when it is cold then it must be eaten.

To make a Goosberry Custard.

Take as many Goosberries as you please, boyle them till they be soft, then take them out, and let them

them stand and cool, and drain them, draw them with your hand through a canvas Strainer, then put in a little Rosewater, Sugar, and three Whites, and stirre them altogether, and put them in a Skillet, and stirre them apace else they will burn, let them stand and cool a little while, and take them off, and put them in a glasse.

To make a Fool.

Take two quarts of Cream, set it over the fire, and let it boyle, then take the yolks of twelve Egges, and beat them very well with three or four spoonfuls of cold Cream, before you put the Egges into the hot Cream, take three or four spoonfuls of the Cream out of the Skillet, and put it into the Egges, and stirre it together, and then strain the Egges into the Skillet of hot Cream, stirring it all the time to keep it from turning, then set it on the fire, and let it boyle a little while, but keep it with stirring for fear of burning, then take it off, and let it stand and cool, then take two or three spoonfuls of Sack and put it in the dish, and some four or five Sippits, and put them in the Sack in the dish, set the dish and Sippits a drying, and when they be drie that they hang to the dish, sweeten the Cream, and pour it in the dish softly because the Sippits shall not rise up, this will make three dishes, when it is cold it is fit to be eaten.

To make Cheese-cakes.

For the crust take half a pint of Flower, and four spoonfuls of cold Water, and three parts of a quarter of a pound of Butter, beat and knead these together, and put the paste asunder several times, then roule it square, and turn it over, then take a pint of Cream, and seven Egges, and a quarter of a pound of Sugar, and a quarter of a pound of Currants plump

before you put them in, and a whole Nutmeg grated on a knife, the Pepper must be beaten but not too much, it must be gently boyled and stirred as you do buttered Egges, the stuffe must be cold, and then put in the coffin and so bake it.

To make a Sack posset.

Take two quarts of pure good Cream, a quarter of a pound of the best Almonds, stamp them into the Cream, and boyle Amber and Muske therein, then take a pint of Sack in a bason, and set it on a chafing-dish till it be bloud-warm, then take the yolks of twelve Eggs, with four whites, and beat them very well together, and so put the Egges into the Sack, and make it good and hot, let the Cream cool a little before you put it into the Sack, then stirre all together over the coales till it be as thick as you would have it, if you take some Amber, and Muske, and grind it small with Sugar, and strewe it on the top of the Posset, it will give it a most delicate and pleasant taste.

To make Leach.

Make your Jelly for your Leach with Calves feet, as you do your ordinary Jelly, but a little stiffer, and when it is cold take off the top and bottom, and set it over the fire with some Cinnamon and Sugar, then take your Turnsele, being well steeped in Sack, and crush it, and so strain it into your Leach, and let it boyle to such a thicknesse, that when it is cold you may slice it.

To make yellow Leach.

Your yellow Leach is just the same, but instead of Turnsele you must colour it with Saffron, and when it is boyled enough then put in your Saffron and not before, it must not boyle in it.

To

To make a slipcoat Cheese.

Take five quarts of new Milk from the Cow, and one quart of Water, and one spoonful of Runners, and stirre it together, and let it stand till it doth come, then lay your Cheese cloth into the Vate, and take up your Curd as fast as you can without breaking, and put into your Vate, and let the Whay soak out of it self; when you have taken it all up, lay a cloth on the top of it, and one pound weight for one hour, then lay two pound for one hour more, then rura him when he hath stood two houres, lay three pound on him for an houre more, then take him out of the Vate, and let him lie two or three houres, and then salt him on both sides, when he is salt enough, take a clean cloth and wipe him drie, then let him lie on a day or a night, then put Nettles under and upon him, and change them once a day, if you find any Mouseturd wipe it off, the Cheese will come to his eating in eight or nine dayes.

To make Cheese-loaves.

Take the Curds of a tender new milk Cheese, and let them be well pressed from the Whay, and then break them as small as you can possible, then take Crums of Manchet, and yolks of Egges, with half the whites, and some sweet Cream, and a little fine flower, mingle all these together, and make a paste of it, but not too stiffe, then make them into little loaves, and bake them, when they be baked, cut off the tops and butter them; with Sugar, Nutmeg, and melted Butter, and put it in with a spoon, and stirre it altogether then lay on the tops, and seare them with scraped Sugar.

How to make a very good Tansie.

Take fifteen Egges, and six of the whites, beat them very

B 4

very well, then put in some Sugar, and a little Sack, beat them again, then put about a pint or a little more of Cream, then beat them again, then put in the juyce of Spinage, or of Primrose leaves, to make it green, then put in some more sugar if it be not sweet enough, then beat it again a little, and so let it stand till you fry it, the first course is in, then fry it with a little sweet Butter, it must be stirred and fryed very tender, when it is fryed enough, then put it in a dish, and strew some sugar upon it, and serve it in.

To make black Tart stufte.

To a dozen pound of Prunes take half a dozen of Malligo Raisins, wash and pick them clean, and put them into a pot of water, set them over the fire till all these are like pulpe, and stir them often least they burn too, then take them off, and let them be rubbed through a hair sieve hard with your hands, by little and little till all be through, then season them to your taste with searc'd Ginger.

To make yellow tart stufte.

Take four and twenty Eggs, and beat them with Salt together, and put into a quart of seething milk, stirring it untill it caudles, then take it off, and put it into a napkin, hanging it up till all the Whey be run through, when it is cold, take it and grind it in a stone Morter with Sack and Sugar to your taste, and otherwise to make it look white, leave the yolks, and instead of Sack put in Rosewater.

To make a made Dish.

Take a quarter of a pound of Almonds, beat them small, and in the beating of them put in a little Rosewater to keep them from oyling, strain them into Cream, then take Artechoak bottomes, and Marrow, and boile the redness of the Marrow out, then take

take a quart of Cream, and boyle it with Dates, Rosewater, and Sugar, and when it is boiled to a convenient thicknes take it off, and take your Artechoak and pare off the leaves, and lay them into the dish, and some Marrow upon them, then pour some cream upon them, then set it upon coales till you serve it in.

To make sauce for a shoulder of Mutton.

Take a few Oysters, and some sweet hearbs, and an Onion, and a pint of white Wine, and a little beaten Nutmeg, a little Salt, and a large Mace, a little Lemon pild and a little Sugar, a little leaker possert, if you have no Oysters take Capers in the room of them, and some gravy of the Mutton.

To fry Apple pies.

Take Apples and pare them, and chop them very smal, beat in a little Cinnamon, a little Ginger, and some Sugar, a little Rosewater, take your paste, rout it thin, and make them up as big Pasties as you please, to hold a spoonful or a little less of you Apples, and so stir them with butter not too hastily least they be burned.

To make Curd-Cakes.

Take a pint of Curds, four Eggs. take out two of the whites, put in some Sugar, a little Nutmeg, and a little flour, stir them well together, and drop them in, and fry them with a little Butter.

To make Furmenty.

Take a quart of sweet cream, two or three sprigs of Mace, and a Nutmeg cut in half, put into your cream, so let it boil, then take your French Barly or Rice, being first washed clean in fair water three times,

times, and picked clean, then boile it in sweet milk till it be tender, then put it into your cream, and boile it well, and when it hath boiled a good while, take the yolks of six or seven eggs, beat them very well, and thicken on a soft fire, boile it, and stir it, for it will quickly burn, when you think it is boiled enough. Sweeten it to your taste, and so serve it in with Rosewater, and Musk Sugar, in the same manner you may make it with wheat.

To make an Artechoak Pie.

Take the bottome of six Artechoaks, being boiled very tender, put them in a dish, and put some Vinegar over them, season them with Ginger and Sugar, a little Mace whole, putting them into a Pie, and when you lay them in, lay some marrow, and Dates sliced in, and a few Raisins of the Sun in the bottome, with good store of butter, so close the Pie, and when it is half baked, take a dish of Sack, being boiled first with Sugar, and a pill of Orange, put it in your pie, and set it in the Oven again, till you use it.

To make a Chicken Pie.

Make your paste with good store of Butter, and yolks of Eggs and Sugar, then take six chickens small, taking out the breast bone, and trussing them round, take two Nutmegs, and a good quantity of Cinamon, and put it in little pieces, take two yolks of eggs, and beat them with six spoonfuls of verjuice, then take your juice and verjuice, and a little salt, stir them well together, take a good deal of butter, and wet it in the verjuice, and put it in the bellies of the Chickens, so lay them in the pie with butter under them, then take half a pound of Currants washed and dried, so lay them on the top of the Chickens, with a little piece of Marrow, Barberies, Grapes, and good store of Butter and Sugar as will season it, a little

little before you draw out your Pie, put in Verjuice and Sugar boiled together.

To bake Beef like roed Deer.

Take a pound of Beef, and slice it thine, and half a pint of good wine Vinegar, some three Cloves, and Mace above an ounce, three Nutmegs, pound them altogether, Pepper and Salt according to your discretion, and a little Sugar, mix these together, take a pound and a half of Suet, shred and beat it small in a mortar, then lay a row of Suet, a row of Beef, strow your spices between every lain, then your Vinegar, so do till you have laid in all, then make it up, but first beat it close with a rowling pin, then press it a day before you put it in your paste.

To roast a shoulder of Mutton with Thyme.

Draw your shoulder of mutton, and when it is half roasted, save the gravy, and cut a good deal of the inside of it, and mince it gross, and boile it in a dish with the gravy, and Time, Claret wine, and sliced Nutmeg, and when your shoulder is roasted, lay it in the dish with sliced Lemon, but remember to scorch your Mutton in roasting, as you do when you boile it.

To roast a shoulder of mutton with Oysters.

When you open the Oyster save the liquor, then season them with pepper, and a little Cloves, and Mace, and Hearbs finely chopped, and the yolk of two or three eggs chopped small, and some Currants parboiled a little, then stuffe your shoulder of mutton thick with your Oysters, then season it, and lay it to the fire, and roast it, then take the rest of your Oysters and boile them with a little white wine, and some butter, this is sauce for your shoulder of mutton, when your Oysters are opened, you may per-

perboil them in their own liquor, then take them out and season them.

To make Angellets.

Take a quart of new Milk, and a pint of cream, and put them together with a little runnet, when it is come well, take it up with a spoon, and put it into the vate softly, and let it stand two dayes till it is pretty stiff, then flip it out, and salt it a little at both ends, and when you think it is salt enough, set it a drying, and wipe them, and within a quarter of a yeer they will be ready to eat.

To make black Puddings.

Take your blood when it is warm, put in some salt, and when it is cold throughly, put in your groats well pickt, and let it stand soaking a night, then put in hearbs, which must be Rosemary, large Savory, Pen-niroyal, Thyme and Fennel, then make it soft with putting of good cream hot, untill the blood look pale, then beat four or five eggs whites and all, and mingle it, then season it with Cloves, Mace, Pepper, Fennel seeds, then put good store of Beef suet in your stuffe, and mince your fat not too smal.

To make White Puddings.

After the humbles are very tender boiled, take some of the lights, with the hearts, and all the flesh and fat about them, picking from them all the sinews and skin, then chop the meat as small as can be, then put to it a little of the Liver finely searced, some grated bread searced, four or five yolks of Eggs, a pint of very good cream, a spoonful or two of Sack, a little Sugar, Cinnamon, Cloves and Mace, a little Nutmeg, a few Canary seeds, a little Rosewater mingled with a good deal of Swines fat, a little Salt, roul it in rous two hours before you go about it, let the fat
side

side of the skin be turned and steeped in Rosewater till you fill them.

To make Almond Puddings.

Take a pound of Almonds blanched, and beat them very smal, with a little Rosewater, boile good milk with a flake of Mace, and a little sliced Nutmeg, when it is boyled take it clean from the spice, then take the quantity of a penny loaf, grate it, and searce it through a Collender, and then put it into the milk, and let it stand till it be pretty cool, then put in the Almonds, and five or six yolks of Eggs, and a little Salt and Sugar, what you think fit, and good store of Beef suet, and Marrow very finely shred.

To make a Pudding to bake.

Take a penny loaf, pare it, slice it in a quart of cream, with a little Rosewater, and break it very smal, take three ounces of Jordan Almonds blanched, and beaten smal with a little Sugar, put in some eight Eggs beaten, a Marrow bone, and two or three Pippins sliced thin, or any way, mingle these together, and put in a little Amber-greece if you please.

To make a boild Pudding.

Take a pint of cream or milk, boil it with a stick of Cinnamon a little while, and take it off, and let it stand till it be cold, put in six Eggs, take out three whites, beat your Eggs a little before you put them into the milk, then stir them together, then take a penny roul and slice it very thin, and let it lye and soke, and then bray it very smal, then put in some Sugar, and butter your cloth before you put it in, it
will

will take but a little while seething, and when you take it up, melt a little frew butter and a little Sack, and Sugar, beat all these together, and put it into the dish with your pudding to be served in.

To make a Cream Pudding to be boiled.

Take a pint and a half of thick cream, and boil it with Mace, Ginger, and Nutmeg quartered, then put to it eight Eggs, with four whites beaten, and Almonds blancht a ponnd, and strained in with the cream, a little Rosewater and Sugar, and a spoonful of flour searced very fine, then take a thick napkin, wet it, and rub it with flour, and tie the pudding up in it where mutton is boiled, or in the Beef pot, remember to take out the whole spice out of the cream when it is boiled, the sauce for this pudding is a little Sack, and Sugar, a pretty piece of butter, you must blanch some Almonds, when they are blanched, cut every Almond in three or four pieces the long way, and stick them up an end upon the pudding very thick.

To make a Whitepct.

Take a pint and a half of cream, a quarter of a pound of Sugar, a little Rosewater, a few Dates sliced, a few Raisins of the Sun, six or seven Eggs, and a little large Mace, a sliced Pippin, or Lemon cut sippet fashion, for your dishes you bake in, and dip them in Sack or Rosewater.

To make a forced dish of any cold meat.

Take any cold meat and shred it smal, a little Cloves and Mace, and Nutmeg, and two yolks of Eggs, a spoonful or two of Rosewater, a little greated bread, a little Beef suet shred smal, make it up into bails or any fashion you please, and boil them in fried suet between two earthen dishes, your suet must boil before you put in your meat; for sauce, a little Butter, Verjuice, and Sugar.

To

To make a forc'd dish of a Leg of Mutton, or Lamb.

Take a Leg of Mutton, or Lamb, cut out the flesh, and take heed you break not the skin of it, then perboyle it, and mince it with a little Beef suet, put into it a little sweet Hearbs shred, three or four Dates sliced, a little bearen Nutmeg, Cloves, and Mace, a few Currans, a little Sugar, a little Verjuice, three or four Egges, mix them together, and put them in the skin, and set it in a dish and bake it.

To boyie a Calves head with Oysters.

Take the head, and boyle it with Water and Salt, and a little white Wine or Verjuice, and when it is almost enough, then cut some Oysters, and mingle them together, and a blade or two of Mace, a little Pepper, and Salt, and a little liquor of the Oysters, then put it together, and put it to the Calves head, and the largest Oysters upon it, and a slit Lemon, and Barberries, so serve it in.

To frie a coast of Lamb.

Take a coast of Lamb, and perboyle it, take out all the bones as near as you can, and take some four or five yolks of Egges beaten, a little Thyme, and sweet Marjoram, and Parsly minced very small, and beat it with the Egges, and cut your Lamb into square pieces, and dip them into the Egges and Hearbs, and frie them with Butter, then take a little Butter, white Wine, and Sugar for Sauc.

To stew Sawcesedges.

Boyl them in fair Water and Salt a little, for sauce boyl some Currans alone, when they be almost tender, then pour out the water, and put in a little white Wine, Butter, and Sugar.

To

To boyle Ducks.

When they be half boyled, take a quart of the liquor and strain it, and put a quart of white Wine, and some whole Mace, Cloves, and Nutmegs sliced, and Cinnamon, and a few Onions shred, a bundle of sweet Hearbs, a few Capers, and a little Sampire, when it is boyled put some Sugar to season it withall.

To make white Broth with a Capon.

Trusse your Capons, and boyle them in fair Water, and when they are half boyled, take out three pints of the liquor, and put it to a quart of Sack, and as much white Wine, and slice two ounces of Dates half or quarter wise as you please, a little whole Mace, Cloves, and Cinnamon, a Nutmeg shred, of each a little quantity, boyl the broth in a pipkin by it self, untill the Dates begin to be tender, then put in the marrow of two bones, and let it boyl a little, not too much for fear, then when your Capons be near ready, break twenty Egges, save the yolks from the whites, and beat the yolks until you may take up a spoonful and it will not run beside the spoon, then you must put a little cold broth to them, and so strain them through a cloth, then take up some of the hot broth to heat your Egges, because else it will turn, let it have a walm or two after your Egges be in, but not seeth too much for fear it turnes, then dish your Capons, and pour your broth on them, and garnish your dish as you please.

To make stewed Broth.

Take a neck of Mutton, or a rump of Beef, let it boyl, and scum your pot clean, thicken your pot with grated bread, and put in some beaten Spice, as Mace, Nutmegs, Cinnamon, and a little Pepper, put in a pound of Currans, a pound and a half of Raisins of the

the Sun, two pound of Prunes last of all, then when it is stewed, to season it put in a quart of Claret, and a pint of Sack, and some Saunders to colour it, and a pound of Sugar to sweeten it, or more if need be, you must seeth some whole Spice to garnish your dish withall, and a few whole Prunes out of your pot.

To make gallendine Sauce for a Turkey.

Take some Claret wine, and some grated Bread, and a sprig of Rosemary, a little beaten Cloves, a little beaten Cinnamon, and some Sugar.

An exceeding good way to stew Chickens.

Take Chickens, fley them, and cut them in pieces cross-way, then put them in a Pipkin or Skiller, and cover them almost with Pepper, and Mace, and Water, so let it stew softly with a whole Onion in it till part of that liquor be consumed, then put in as much white Wine as will cover them again, take Parsly, sweet Majoram, Winter Savory, with a little Thyme, and shred them very smal, and put them in, and let them boile till they are almost enough, then put in a good piece of Butter.

To boil a leg of Mutton.

Take a leg of Mutton and stufteit, for the stuffing take a little Beef suet, and a few sweet Hearbs, chop them smal, and stufteit, and then boile it, and put in a handful of sweet Hearbs, cut them smal, mingle a hard Egg amongst the Hearbs, and strew it upon the Mutton, melt a little Butter and Vinegar, and pour it into the dish, and send it in.

To keep Quinces all the year.

First you must core them, and take out the kernels clean, and keep the cores and kernels, then set
C over

over some water to boile them, then put them in when you set over the water, then let them boile till they be a little soft, and then take them up, and set them down till they be cold, then take the kernels and stamp them, and put them into the same water they were boiled in, and let them boile till they be thick, see you have as much liquor as will cover the Quinces, and if you have not enough, take of the smallest Quinces and stamp them to make more liquor, and when it is boiled good and thick, you must strain it through a course cloth, and when the Quinces be cold, then put them into a pot, and the liquor also, and be sure the liquor cover them, you must lay some weight upon them to keep them under, so cover them close, let them stand fourteen dayes, and they will work of their own accord, and they will have a thick rind upon them, and when they wax hoary or thick, then take it from the liquor, for it will have a skin on it within a month or six weeks.

To pickle Cucumbers.

Take the Cucumbers, and wash them clean, and dry them clean in a cloth, then take some Water, and Vinegar, and Salt, and some Dill tops, and some nel tops, and a little Mace, make it fast enough, and and sharp enough to the taste, then boile it a while, and then take it off, and let it stand and be cold, and then put in the Cucumbers, and lay a board on the top to keep them down, and tye them close, and within a week they will be fit to eat.

To pickle Purslain.

Take the Purslain, and pick it in little pieces, and put it into a pot or a barrel, then take a little Water, Vinegar, and Salt, to your taste, it must be pretty strong of the Vinegar and Salt, and a little Mace, and

and boile all these together, and pour this liquor in seething hot into the Purslain, and when it is cold tye it close, but put a little board on the top to keep it down, and within a week or two it is fit to eat.

*To do Clove-gilliflowers up for salletting
all the year.*

Take as many Clove-gilliflowers as you please, and slip off the leaves, then strow some Sugar in the bottom of the gallipot that you do them in, and then a lane of Gilliflowers, and then a lane of Sugar, and so do till all the Gilliflowers be done, then pour some Claret wine into them as much as will cover them, then cut a piece of a thin board, and lay it to them to keep them down, then tye them close, and set them in the Sun, and let them stand a moneth or thereabouts, but keep them from any rain or wet.

To pickle Broom buds.

Take as many Broom buds as you please, make linnen bags, and put them in, and tye them close, then make some brine with Water and Salt, and boile it a little, let it be cold, then put some brine in a deep earthen Pot, and put the bags in it, and lay some weight upon them, let it lie there till it look black, then shift it again, so you must do as long as it looks black, you must boile them in a little cauldron, and put them in vinegar a week or two, and then they be fit to eat.

To pickle Oysters.

Take your Oysters and pick them out of the shels, and save the liquor that cometh from them, then take your Oysters one by one, and wash them
C 2 clean

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clean out of grist, then strain the liquor, then take a quantity of white wine, and a large Mace or two, and two or three slices of Nutmeg, and Pepper grossly beaten, and salt them, boile it together, then put in your Oysters and boile them, then take the yolk of an Egg, and beat it well with Wine Vinegar, then take up your Oysters, and let them cool, then put in your Egg and let it boil, hang it off, and let it cool, and put it up together.

To make grout.

Take some Wheat and Beans, and when you have made it into Malt, then riddle it, then take some water, or some smal Wort, and heat it scalding hot, and put it into a pail, then stir in the Malt, then take a piece of sour leaven, then stir it about, and cover it, and let it stand till it will cream, then put in some Orange pils, then put it over the fire and boile it, keeping it stirring till all the white be gone.

To make jelly of Marmalet.

Take Quinces and pare them, cut them into water in little pieces, and when you have done all, then take them out of the water and weigh them, and to every pound of Quinces, take five quarters of a pound of Sugar, and half a quarter, then put it into the Skillet, and put as much water as will make it pretty thin, then set it on the fire, then clarifie it with the white of an Egg, and scum it off cleer, then put in your Quinces, and let it boile a pretty pace, and cover it close, till it is pretty thick, then leave stirring it till it is thick enough for Marmalet, then take it off, and put it in your g'alls, and do it with your knife in little works. when you have done let it stand, your costly must boile all the while, you must put in as much water as will make it pretty thin, when it is boyled to a pretty good colour, then stir it, and weigh it, then take
of

A True Gentlewomans Delight.

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of loaf Sugar as much as it weighs, and boile it altogether to a Jelly, then pour it into your Marmalet glasse, then put it in a stove, and put some fire in every day.

To make jelly of Pippins.

Take Pippins and pare them, and quarter them, and core them, lay them in water, and when you set them on the fire, shift them in another water, and put them in a skillet, put as much water as will cover them and a little more, set them over the fire, and make them boile as fast as you can, when the Apples are soft, and the liquor taste strong of the Apples, then take them off, and strain them through a piece of canvas gently; take to a pound of juyce a pound of Sugar, then set it on the fire, when it is melted, strain it into a bason, and rince your skillet again, set on the fire, and when it is boiled up, then scum it, and make it boile as fast as you can, and when it is almost boiled, put in the juyce of three Lemons strained through a cloth, if you will have an Orange pill, pare it thin, that the white be not seen, and then lay it in the water all night, then boile them in water till the pill be soft, then cut them in long peeces, then put it into the Syrrup, and stir it about, and fill your glasses, and let it stand till it be cold, and then it is ready to eat.

To preserve Oranges.

Take a pound of Oranges, and a pound of Sugar, pill the outward rind, and inward white skin off, take juyce of Oranges, put them into the juyce, boile them half an hour, and take them off.

To preserve green Walnuts.

Take Walnuts, and boile them till the water do taste bitter, then take them off, and put them in cold
water,

water, and pill off the bark, and weigh as much as they weigh, and a little more water then will wet the Sugar, set them on the fire, and when they boil up, take them off, and let them stand two dayes, and boil them again once more.

To preserve white Quinces.

Take a pound of Quinces, boil them with the skins on, but core them and pare them, take a quarter of a pound of Sugar, with water no more then will wet the Sugar, put the Quinces into it presently, boil them as fast as may be, and skin them, when the Sirup is thick take it up.

To make Goosberry tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of Sugar, and two spoonfuls of water, and put them on the fire, and stir them as you did the former.

To preserve Resberries.

Take as many as you please, a lay of Sugar, and a lay of Resberries, and so lay them into the Skillet, and as much Sugar as you think will make Sirupe enough, and boil them, and put two spoonfuls of water in, boscom it, take it off, and let it stand.

To preserve Currans.

Part them in the tops, lay a lain of Currans, and a lain of Sugar, and so boil them as fast as you do Resberries, do not put in the spoon, but scum them, boil them till the Sirup be pretty thick, then take them off, and let them stand, till they be cold, and put them in a glass.

To preserve Medlers.

Take the just weight of Sugar as they weigh, to a pound

a pound of Sugar put a pint and a half of water, scald them as long as the skins will come off, stone them at the head, put the water to the Sugar, and boil it, and strain it, put in the Medlers, boil them apace, let them stand till they be thick, then take them off.

To preserve Goosberries.

Take the fairest Goosberries you can get with the stalks on, prick three or four holes in every one of them, then take the weight of them in Sugar, lay the best part of the Sugar in the bottome of a Silver or pewter dish, then lay your Goosberries one by one upon it, strew some of the rest of the Sugar upon them, and put two spoonfuls of the water into half a pound, then set the Goosberries on a chafing-dish of coals, and let them stand uncovered, scalding upon the fire a pretty while before they boil, but not too long, for then they will grow red, and when they be boyled, let them not boile too fast, when they be enough put them up, you must put the rest of the Sugar on them as they boile, and that will harden them, and keep them from breaking.

To make Goosberry Cakes.

Prick as many Goosberries as you please, and put them into an earthen pitcher, and set it in a kettle of water till they be soft, and then put them into a sieve, and let them stand till all the juyce be out, and weigh the juyce, and as much Sugar, as Sirupe; First boil the Sugar to a Candy, and take it off, and put in the juyce, and set on again till it be hot, and take it off, and set them in a press till they be dry, then they are ready.

To do Goosberries like Hops.

Take pricks of black Thorn, then take Goosberries,

and cut them a little a crosse, and then take out the stones, and then put them upon the pricks, and weigh as much Sugar, as they weigh, and take a quarter or a pint of water and put into the Sugar, and let it boile a while, then put in the hops, let them stand and scald two hours upon the coales till they be soft, then take out the Hops, and boil the Syrup a while, then take it off, and put in the Hops.

To preserve Apricocks.

First stone them and weigh them, and take as much Sugar as Apricocks, put it in a Bason, some in the bottome, and some on the top, let them stand all night, set them on the fire till they be scalding hot, then heat them twice more.

To make Apricock Cakes.

Take as many Apricocks as you please, and pare them, put as much Sugar as they weigh, take more water then will melt the Sugar, then boil the Sugar and it together till they be pretty stiffe, take them off, and put them in saucers.

To make Mackeroons.

Take half a pound of Almonds, put them in water, stamp them smal, put in some Rose-water, a good spoonful of flour, four Eggs, half a pound of Sugar, in the beating of the Eggs, put in the Almonds, heat the oven hot enough to bake a Custard, put them in, when you have taken them out, let them stand till they be cold, they must be baked in earthen pans round, and buttered very thin.

How to preserve White Damsons green.

Take white Damsons, scald them in water till they be hard, then take them off, and pick as many as you please, take as much Sugar as they weigh, strew

strew a little in the bottom, put two or three spoonfuls of water, then put in the Damsons and the Sugar, and boil them, take them off, and let them stand a day or two, then boil them again, take them off, and let them stand till they be cold.

To preserve Mulberies.

Take as many Mulberies as you please, and as much Sugar as they weigh: First wet the Sugar with some juice of Mulberies, stir your Sugar together, then put in your Mulberies, then boil them apae, till you think they are boiled enough, then take them off, and boil the Sirrup a while, and put it into the Mulberies, let them stand till they be cold.

To preserve Pippins white.

Take some Pippins and pare them, and cut them the crosse way, and weigh them, and to a pound of Sugar, a Pint of water, then put the Sugar to the water, and then let it boil a while, and then put in the Pippins, and let them boil till they be clear at the Core, take them off, and put them up.

To make white Quince Cakes.

Take quinces, and let them stand till they be cold, but not scethed till they be tender enough, then take them off, and pare them, then scrape off the softest, and do it through a sieve, and then weigh as much Sugar as it doth weigh, and beat it, and sift it into the Quinces, and stir it altogether, and set it on the coals, and stir it about, but let it not boil at all, but let it stand and cool, till it be pretty thick, then take it off, and put it in glasse saucers.

To preserve Grapes.

Stamp and strain them, let it settle a while before you wet a pound of Sugar or Grapes with the juice

juice, stone the grapes, save the liquor, in the stoning take off the stalks, give them a boiling, take them off, and put them up.

To preserve Damsons.

Take as many as you please, and weigh as much Sugar as they weigh, and strew some in the bottom, and some on the top, and you may wet the Sugar with some Sirrup of Damsons, or a little water, then set them upon the fire, and let them stand and soke softly about an hour, then take them off, and let them stand a day or two, then boil them up, till you think they be enough, take them off, and put them up.

How to make Cake of Lemons or Violets.

Take of the finest double refined Sugar, beaten very fine, and searced through fine Tiffanie, and to half a silver poringer of Sugar, put to it two spoonfuls of water, and boil it till be almost Sugar again, then grate of the hardest rinded Lemon, then stir it into your Sugar, put it into your Coffins of Paper, and when they be cold take them off.

To preserve Quinces red.

Take your Quinces and weigh them, to a pound put a pound of Sugar, and half a pint of water, put your water to your Sugar, and let it stand, your Quinces must be scalded till they be tender, take them off, pare them, and core them, but not too much, then put them in the skillet where the Sugar is, then set them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces, and stop it close.

To make Bisket Bread.

Take a pound and a half of white loaf Sugar, and so much flour, as much Annise seed, Coliander seed, and

and Carraway seed as you please, and twelve Eggs, three whites left out, take the Sugar and sift it fine, and the flower also, and beat your Eggs a little, then mingle them well together with four spoonfuls of damask Rose-water, beat them well together, and put in two spoonfuls more, and beat it again about an hour and a half in all, then butter plate Trenchers, and fit them with stuff, scrape some Sugar on them, and blow it off again, heat your oven hot enough to bake a Pie, and let the lid stand up a little while, to draw down the heat from the top, then take the lid down again, and let it stand till it be cool, that you may suffer your hand in the bottom, then set in the plates, and set up the lid again, until they rise, then take them out, and loose them from the plates, and scrape the bottoms, and let them stand four hours, then they be fit to eat.

To preserve Grapes to look cleer and green.

Take a pound of grapes with no stalks on them, when they do begin to be ripe then weigh as much double refined Sugar beaten small, then take the Grapes that were weighed, stone them at the place where the stalks are, pull off the skins, and strain some Sugar in the bottom of the thing you do them in, and so lay them in the Sugar you did weigh, till you have stoned and pilled them, and so strew the Sugar upon them, then set them on the fire, and let them boil as fast as can be, till the Sirrup be prettie thick, then take them off, and put them up till they be cold.

To Candie Apricocks.

Take your Apricocks the fairest, and scald them, and peel them, between two clothes crush the water softly out of them as dry as you can, without too much flattening them, then take as much searced Sugar almost

almost as much as they weigh, and boil it altogether to a Candie height, then take it off the fire, and lay the Apricocks in it one by one, with a feather anoint them over, then set them on a chafingdish of coals, and let them be through sod but not boil, then take them off the fire, and set it in a stone or blood-warm oven, and twice a day set them on a fire, and turn them once at every heating, anointing them with a feather, and the same Sirrup every time you take them off the fire, this do until you see the Sirrup begin to sparkle, and full of eyes, then take them out of the Sirrup, and lay them on glasse plates, and dry them in a stone or Oven, turning them a day or two, till they be dry, white Pear-plums may be done thus.

To make paste of Gooseberries, or Barberries, or English Currants.

Take any of these tender fruits, and boil them softly on a chafingdish of coals, then strain them with the pap of a rotten Apple, then take as much Sugar as it weighs, and boil it to a Candie height, with as much Rosewater as will melt the Sugar, then put in the pap of your fruit into the hot Sugar, and so let it boil leasurely till you see it reasonable stiffe, almost as thick as for Marmalet, then fashion it on a sheet of Glasse, and so put it into the Oven upon two Billets, that the glasse may not touch the bottom of the Oven, for if it do it will make the paste tough, and so let it dry leasurely, and when it is dry, you may box it, and keep it all the yeer.

To make paste of Oranges and Lemons.

Take your Oranges and Lemons, and have on the fire two vessels of fair water at once, boil them, and then shift the water seven times, that the bitterneffe may be taken from them, and they very tender, then

then cut them through the midst, and take out the kernels, and wring out all the water from them, then beat them in an Alabaster Morter, with the paps of three or four pippins, then strain it through a fine strainer, then take as much Sugar as that pap doth weigh, being boiled to a Candie height, with as much Rosewater as will melt the Sugar, then put the pap of your Oranges and Lemons into the hot Sugar, and so let it boil leasurely with stirring, and when you see it stiffe as for Manchet, then fashion it on a sheet of glasse, and so set in a Stove or Oven, and when it is througly dry, box it for all the year.

To make paste Royal in Spice.

Take Sugar the quantity of four ounces, very finely beaten and searced, and put into it an ounce of Cinnamon, and Ginger, and a grain of Muske, and so beat it into a paste, with a little Gum-Dragon steeped in Rosewater, and when you have beaten it into paste in a stone Morter, then roll it thin, and print it with your Moulders, then dry it before the fire, and when it is dry, box, and keep it all the yeer.

To Candie Pears, Plums, or Apricocks, that shall look as clear as Amber.

Take your Apricocks and Plums, and give every one a cut to the stone in the notch, then cast over Sugar on them, and bake them in an Oven as hot as for Manchet close stopped, bake them in an earthen platter, let them stand half an hour, then take them out of the dish, and lay them one by one upon glasse plates, and so dry them, if you can get glasses made like Marmalet boxes to lay over them, they will be sooner candi'd, this is the manner to candie any such fruit.

*To make paste Royal white, that you may
make Court Boulds, or Caps, or Gloves,
Shoes, or any pretty thing print-
ed in Moulds.*

Take half a pound of double refined Sugar, and beat it well, and searce it through a fine lawn, then put it into a fine Alabaſter Morter, with a little Gum-dragon ſteeped in a little Roſewater and a grain of Muſk, ſo beat them in a Morter, till it come to a prettie paſte, then roul it thin with a rouling pin, and print it with your Moulders, like Gloves, Shooes, or any thing elſe, and ſome you may roul very thin with a rouling pin; and let dry in an Aſhen diſh, otherwiſe called a Court cap, and let it ſtand in the diſh till it be dry, and it will be like a ſaucer, you muſt dry them on a board far from the fire, but you muſt not put them in an Oven, they will be dry in two or three hours and be as white as ſnow, then you may guilt, Box, and Cap.

To make fine Diet-Bread.

Take a pound of fine flower twice or thrice dreſt, and one pound and a quarter of hard Sugar finely beaten, and take ſeven new laid Eggs, and put away the yolks of one of them, then beat them very well, and put four or five ſpoonfulls of Roſewater amongſt them, and then put them into an Alabaſter or Marble Morter, and then put in the flower and Sugar by degrees, and beat it or pound it for the ſpace of two hours, until it be perfectly whire, and then put in an ounce of Canary ſeeds, then butter your Plates or Saucers, and put into every one, and ſo put them into the Oven; if you will have it glosſe and Icie on the top, you muſt waſh it with a feather, and then ſrew Sugar very finely beaten on the top before you put it into the Oven.

To

To preſerve Apricocks.

Take your Apricocks, and put them into a ſkillet of fair water, and put them over the fire, until they be ſomething tender, then take them up out of the water, and take a bodkin, and thruſt out the ſtone at the top, and then peel off their ſkins, and when you have ſo done put them into a ſilver diſh or baſon, and lay Sugar very finely beaten over and under them, then put a ſpoonfull or two of water unto them, and ſet them over a very ſoft fire until they be ready, then take them up, and lay them into another diſh a cooling, and if you ſee good boil the Sirrup a little more, when they are cold, and the Sirrup almoſt cold, put them up in a gally pot or glaſſe altogether.

To preſerve Damſons.

Take a pound or ſomething more of pure Sugar finely beaten, and then take a pound of Damſons and cut one ſcotch in the ſide of each of them, then put a row of Sugar in a ſilver diſh or baſon, and then lay in a row of plums, and then cover it with Sugar, and ſo lay it in till they be all in, and then take two ſpoonfulls of clean water, and make a hole in the middle of them, and ſet it over a very ſoft fire, and look to it carefully, for fear the Sugar ſhould burn, and when the Sugar is all diſſolved, ſhake them together, and ſtir them gently, and then ſet them down and cover them till they be cold, and when they are cold, ſet them upon the coals again, and then let them boil gently till they be ready, and when they are ready take them down, and take them every one by its ſtem, and cover them with the ſkins as well as you can, and then put them all one by one in a diſh, and if the ſirrup be not boiled enough, ſet it over and let it boil a little longer, and when the Plums be cold, put them in a gally pot or glaſſe, and pour the ſirrup to them.

them while it is a little warm, you must not forget to take away the skin of the Plums as it riseth.

To make pap of Barley.

Take Barley and boil it in fair water softly untill it begin to break, then put that liquor out, then put as much hot water to it, as you put forth, and so let it boil till it be very soft, then put it into a Cullender, and strain it, then take a handful of Almonds, and grinde them very well with your Barley and some of the liquor, so season it with Sugar, and a little Rosewater, a little whole Mace, and Cinnamon, and boil them well together.

To Candie Lemons and Oranges.

Take the peels of your Oranges and Lemons, the white cut away, then lay them in water five or six dayes, shifting them twice every day, then seeth them till they be very tender, then take them out of the water, and let them lie till they be cold, then cut them in small pieces square, the bignesse of a penny or lesse, then take to every three two ounces of Sugar, put to it a quantity of fair water, and a lesse quantity of Rosewater, and make a furrup thereof, then scum it very clean, and put in your peels, and let them boil for the space of an hour or longer, if you finde your liquor wanting you may put in more water at your pleasure, then boil them a little space after with a little sharp fire, stirring it alwayes for burning, then take it off the fire three or four times, stirring them all the while, & set them on again until they be candied.

To make Cakes of Almonds.

Take one pound and an half of fine flour, of Sugar twelve ounces beaten very fine, mingle them well together, then take half a pound of Almonds blanch them, and grind them fine in a Morter, then strain

strain them with as much Sack as will mingle the Flour, Sugar, and Almonds together, make a paste, bake them in an oven not too hot.

To make White Lemon Cakes

Take half a dozen of yellow Lemons the best you can get, then cut and pare them, leave none of the yellow behind, then take away the sowre meat of it, and reserve all the white, and lay it in water two dayes, then seeth it in fair water till it be soft, then take it out, and set it by till the water be gone from it, then weigh it, and take twice the weight in Sugar, mince the white stuffe very fine, then take an earthen pipkin, and put therein some fair Water, and some Rose-water, if you have a pound of Sugar, you must have half a pint of water, of both sorts alike, let your water and Sugar boyle together, then scum it, and put in the stuffe, and so let them boyle together, alwayes stirring it till it be thick, it will shew very thin, and when it is cold it will be thick enough.

To make Oyle of Violets.

Set the Violets in Sallade oyle, and strain them, then put in other fresh Violets, and let them lie twenty dayes, then strain them again, and put in other fresh Violets, and let them stand all the year.

To preserve Pomecitron.

Take Pomecitron and grate off the upper skin, then slightly cut them in pieces as you think good, lay them in water four and twenty houres, then set over a posnet with fair water, and when it boyles put them in, and so shift till you find the water be not bitter, then take them up and weigh them, and to every pound of Pomecitron put a pound and quarter of Sugar, then take of your last water a pint and quarter, set your water and Sugar over the fire, then

take

Take two whites of Egges and beat them with a little fair water, and when your sirupe begins to boyl, cast in the same that riseth from the Egges, and so let it boyle, then let it run through a clean fine cloth, then put it in a clean Posnet, and when your sirupe begins to boyle put in your Pomecitron, and let it boyle softly three or four hours, until you find your sirupe thick enough; be sure you keep them always under sirupe, and never turn them, take them up, and put them into your glasse, and when they be cold cover them.

To candy Ringus Root.

Take your Ringus Roots and boyl them reasonable tender, then peel them, and pith them, then lay them together, then take so much Sugar as they weigh, and put it into a Posnet with as much Rose-water as will melt it, then put in your Roots, and so let it boyle very softly until the Sugar be consumed into the Roots, then take them and turn them, and shake them till the Sugar be dried up, and then lay them a drying upon a lattice of wyer until they be cold, in like sort you may candy any other Roots, which you please.

To candy all kind of Fruitrages, as Oranges, Lemons, Citrons, Lettice stocks, the Sugar-candy such as the Comfet-makers do candy the Fruits.

Take one pound of refined Sugar, and put it into a posnet with as much water as will wet it, and so boyl it untill it come to a candy height, then take all your fruit being preserved and dried, then draw them through your hot Sugar, and then lay them on your hardle, and in one quarter of an hour they will be finely candied.

To

To candy all kind of Flours in wayes of the Spanish Candy.

Take double refined Sugar, put it into a posnet with as much Rosewater as will melt it, and put into it the pappe of half a roasted Apple, and a grain of Musk, then let it boyl till it come to a candy height, then put in your Floures being pickd, and so let it boyle, then cast them on a fine plate, and cut it in wayes with your knife, then you may spot it with Gold and keep it.

To make Effings.

Take one peck of Oatmeal groats, the greatest you can get and the whitest, pick it clean from the black, and searce out all the smallest, then take as much evening Milk as will cover it and something more, boyle it, and cool it again till it be bloud-warm, then put it to the Oatmeal and let it soak all night, the next morning strain it from your Milk as drie as you can through a cloth, then take three pints of good Cream, boyle it with a Mace and the yolks of eight Egges, when it is boyled put it into your stufte, then put in six Egges more whites and yolkes, season it with a good quantity of Cinnamon, Nutmeg, and Ginger, and a lesse quantity of Cloves and Mace, put in as much Sugar as you think will sweeten it, have a good store of Suet shred small, and forget not Salt, so boyl them.

To make Sugar Cakes.

Take one pound of fine Flower, one pound of Sugar finely beaten, and mingle them well together, then take seven or eight yolks of Egges, and if your Flower be good, take one white or two as you shall think good, take two Cloves, and a pretty piece of Cinnamon, and lay it in a spoonful of Rose-water all night,

night, and heat it almost bloud-warm, temper it with the rest of your stoffe, when the paste is made, make it up with as much haste as you can, bake them in a soft oven.

To make a Calves-foot Pie.

Take your Calves-feet, boyle them, and blanch them, then boyl them again till they be tender, then take out all the bones, season it with Cloves, Mace, Ginger, and Cinnamon, as much as you shall think good, then put in a good quantity of Currans and Butter, bake your Pie in a soft oven, and when it is baked, take halfe a pint of white Wine Vinegar, beat three yolkes of Egges, and put to the coals, season it with Sugar and a little Rose-water, alwayes stirring it, then put it into your Pie, and let it stand half a quarter of an hour.

To make a very good Pie.

Take the backs of four white Herrings watered, the bones and skin taken away, then take so much Wardens in quantity pared and cored, half a pound of Raisins of the Sun stoned, mince all these together, and season it with Cinnamon and Ginger, and when the Pie is raked, put in a little Rose-water, and scrape Sugar on it, if you put in Butter then put in a handful of grated bread.

To make Simbals.

Take fine Floure dried, and as much Sugar as Floure, then take as much whites of Egges as will make it a paste, and put in a little Rose-water, then put in a quantity of Coriander-seed, and Annise-seed, then mould it up in that fashion you will bake it in.

To preserve Angelica roots.

Take the roots and wash them, then slice them very

very thin, and lay them in water three or four dayes, change the water every day, then put the roots in a pot of water, and set them in the embers all night, in the morning put away the water, then take to a pound of roots four pints of water, and two pound of Sugar, let it boyle, and scum it clean, then put in the roots, they will be boyled before the sirupe, then take them up, and boyle the sirupe after, they will be a whole dayes work, for they must boyle very long; at Saint Andrewes time is the best time to do them in all the year.

To boyle a Capon with Brewis.

Take a Capon, and trusse him to boyle, set him on the fire in a good quantity of water, scum it very clean, before you set on your Capon put a little winter Savory and Thyme into the belly of it, and a little Salt and grosse Pepper, when you have scummed it clean, cover it close to boyle, then take a good handful of Hearbs, as Marigolds, Violet leaves, or any such green Hearbs, as you shall think fit, wash them, and set them on the fire with some of the uppermost of the broth that boyles the Capon, then put into it good store of Mace, and boyle it with the Capon, when the Hearbs be boyled, and the broth very green, and almost consumed away, take the uppermost of your Capon and strain it together, and scald your Brewis, and put it into a dish, and lay the Capon on them.

To make a Spice-Cake.

Take one bushel of Flour, six pound of Butter, eight pound of Currans, two pints of Cream, a bottle of Milk, half a pint of good Sack, two pound of Sugar, two ounces of Mace, one ounce of Nutmegs, one ounce of Ginger, twelve yolkes, two whites, take the Milk and Cream and stirre it all the time that it boyles,

boyls, put your Butter into a bason, and put your hot seething Milk to it, and melt all the Butter in it, and when it is bloud-warm temper the Cake, put not your Currans in till you have made the paste, you must have some Ale-yest, and forget not Salt.

To make Broth for a Neats-tongue.

Take Claret Wine, grated Bread, Currans, sweet Butter, Sugar, Cinnamon, Ginger, boyle them altogether, then take the Neats-tongue, and slice it, and lay it in a dish upon sippets, and so serve it.

To souce a Carp or Gurnet.

Take fair Water, and Vinegar, so that it may be sharp, then take Parsly, Thyme, Fennel, and boyle them in the broth a good while, then put in a good quantity of Salt, and then put in your Fish, and when it is well boyled put the broth into a vessel, and let it stand.

To make a fine Pudding.

Take Crums of white Bread, and so much fine Flour, then take the yolks of four Egges, and one white, a good quantity of Sugar, take so much good Cream as will temper it as thick as you would make Pancake batter, then butter your pan, and bake it, so serve it, casting some Sugar upon it, you must shred suet very small, and put into it.

To make a Broth to drink.

Take a Chicken, and a little of the neck of Mutton, and set them on, and scum it well, then put in a large Mace, and so let it boyl while the Chicken be tender, then take the Chicken out, and beat it all to pieces in a stone mortar, and put it in again, and so let it boyle from four pints to a little more then half a pint, then cast it through a strainer, and season it.

To

To boyle a Chicken, Partridge, or Pyton.

Take your Chicken, and set it a boyling with a little of the neck of Mutton, and scum it well, then put in a Mace, and so let it boyle down, and when it is almost boyled, have some few hearbs perboyled, as Lettice, Endive, Spinage, Marigold leaves, for note, these hearbs are usually used to be boyled, which by course will hold their colour in boyling, and put some of these foresaid hearbs to the Chicken and Mutton, if you think your broth strong enough, take out your Mutton, if you see it not, put a little piece of sweet Butter, and a little verjuice, and a very little Sugar, and Salt, so serve it in with sippets.

A Broth to drink.

Take a Chicken and set it on, and when it boyles scum it, then put in a Mace, and a very little Oatmeal, and such hearbs as the party requires, and boyl it well down, and bruise the Chicken, and put it in again, and it is a pretty broth, and to alter it you may put in halfe a dosen Prunes, and leave out the hearbs, or put them in, so when it is well boyled, strain it, and season it.

A Broth to eat on Fasting dayes.

Take fair water, and set it a boyling, and when it boyleth, put to it so much streined Oatmeal as you think will thicken it, and a large Mace, a handful of Raisins of the Sun, as many Prunes, and as many Currans, if your quantity require it, so boyle it, and when it is boyled, season it with Salt and Sugar, and a piece of sweet Butter if the time will allow it, and for an alteration, when this broth is boyled, put in a quantity of Cream, and it will do well.

To

To make Ponado.

The quantity you will make set on in a posnet of fair water, and when it boyles put a Mace in, and a little piece of Cinnamon, and a handful of Currans, and so much bread as you think meet, so boyle it, and season it with Salt, and Sugar, and Rose-water, and so serve it.

To make a Caudle.

Take Ale, the quantity that you mean to make, and set it on the fire, and when it is ready to boyle, scum it very well, then cast in a large Mace, and take the yolks of two Egges for one messe or one draught, and beat them well, and take away the skin of the yolks, and then put them into the Ale, when it seeths, be sure to stirre them well till it seeth again for a youngling, then let it boyl a while, and put in your Sugar, & if it be to eat, cut three or four tosts of bread thin, and toste them dry, but not brown, and put them to the caudle, if to drink, put none.

To make Almond Butter.

Blanch your Almonds, and beat them as fine as you can with fair water two or three houres, then strain them through a linnen cloth, boyl them with Rose-water, whole Mace, and Annise-seeds till the substance be thick, spread it upon a fair cloth draining the Whey from it, after let it hang in the same cloth some few houres, then strain it, and season it with Rose-water and Sugar.

To stew Beef.

Take a good Rump of Beef cut from the bones, shred Turnips and Carrots small, and Spinage, and Lettice, put all in a pan, and let it stew four hours with so much water, and a quart of white Wine as will
cover

cover it when it is stewed enough, then put in a wine glasse full of Elder vinegar, and serve it in with sippets.

To Souce a young Pig.

Take a young Pig being scalded, boyl it in fair water, and white Wine, put thereto some Bay-leaves, some whole Ginger, and some Nutmegs quartered, a few whole Cloves, boyl it throughly, and leave it in the same broth in an earthen pot.

To boyle Flounders or Pickrels after the French Fashion.

Take a pint of white Wine, the tops of young Thyme, and Rosemary, a little whole Mace, a little whole Pepper, seasoned with Verjuice, Salt, and a piece of sweet Butter, and so serve it; this broth will serve to boyle fish twice or thrice in, or four times.

To make flesh of Apricocks.

Take Apricocks when they are green, and pare them and slice them, and take half their weight in Sugar, put it to them, so put them in a skillet, and as much water as you think will melt the Sugar, so let them boyle, and keep them with stirring till they be tender, and so take them off, and scum them very clean, so put them forth of the skillet and let them stand, take as much Sugar as you had before, and boyle it to a Candie height, and then put in your Apricocks, and set them over a soft fire, but let them not boyle, so keep them with oft stirring, till the Sirupe begin to jellie, then put them in glasses, and keep them for your use.

To make flesh of Quinces.

Take Quinces, pare them, and core them, and
D cut

cut them in halfe, boyle them in a thin Sirupe till they be tender, then take them off, and let them lie in Sirupe, then take Quinces, pare them, and quarter them, take out the cores, put as much water to them as will cover them, then boyle them till they be very tender, and then strain out the liquor clean from them, and take unto a Pint of that liquor, a pound of Sugar, put as much water to the Sugar as will melt it, then boyle it to a Candie height, then stirre the Quinces that are in the Sirupe as thinne as you can : when your Sugar is at a full Candie height, put in a pint of the liquor, then set it over a soft fire stirring it leisurely till the Sugar be dissolved, then put in half a pound of your slices, keeping it still stirring but not to boyle, you must take the Jelly of Quince kernels, that have lain in water two or three hours, take two good spoonfulls of it and put it to the flesh, so keep it stirring leisurely till it begin to jellie upon the spoon, then put it into thin glasses, and keep it in a stove.

To drie Cherries.

Take the fairest Cherries, stone them, take to fix pound of Cherries a pound of Sugar, put them into a skillet, straining the Sugar amongst them as you put them in, then put as much water to them as will boyl them, then set them upon a quick fire, let them boyle up, then take them off, and strain them very clean, put them into an earthen pan or pot, so let them stand in the liquor four dayes, then take them up and lay them severally one by one upon silver dishes, or earthen dishes, set them into an oven after the bread being taken out, and so shift them every day upon drie dishes, and so till they be drie.

To

To drie Peaches.

Take Peaches and coddle them, take off the skins, stone them; take to four pound of Peaches a pound of Sugar, then take a gallie pot and lay a layer of Peaches, and a layer of Sugar, till all be laid out, then put in half a pint of water, so cover them close, and set them in embers to keep warm, so let them stand a night and a day, then put them in a skillet, and set them on the fire to be scalding hot, then put them into your pot again, and let them stand four and twenty houres, then scald them again, then take them out of your Sirupe, and lay them on silver dishes to drie, you may drie them in an Oven, when the bread is taken out, but to drie them in the Sun is better, you must turn them every day into clear Dishes.

To boyle Veal.

Take Veal, and cut in thinne slices, and put it into a Pipkin with as much water as will cover it, then wash a handful of Currans, and as much Prunes, then take a Court roul, and cut it in long slices like a Butchers skiver, then put in a little Mace, Pepper, and Salt, a piece of Butter, a little Vinegar, some crumbs of Bread, and when it hath stewed two hours, take it up and serve it.

To boyl a Capon in white Broth.

Trusse a Capon to boyle, and put it into a Pipkin of water, and let it boyl two houres, and when it is boyled, take up a little of the Broth, then take the yolks of Egges, and beat them very fair with your broth that you take up, then put it by the fire to keep warm, season it with grated Nutmeg, Sugar and Salt, then take up your Capon, and pour this broth on it with a little Sack, if you have it, garnish it

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with

with sippets, and serve it, remember to boyle whole Mace with your Capon, and Marrow, if you have it.

To boyle a Capon or Chicken in white Broth with Almonds.

Boyl your Capon as in the other, then take Almonds, and blanch them, and beat them very small, putting in sometimes some of your broth to keep them from oyling, when they are beaten small enough, put as much of the uppermost broth to them as will serve to cover the Capon, then strain it, and wring out the substance clear, then season it as before, and serve it with marrow on it.

To boyl Brawn.

Take your Brawn four and twenty houres, and wash and scrape it four or five times, then take it out of the water, and lay it on a fair table, then throw a handful of Salt on every coller, then bind them up as fast as you can, with Hemp, Basse, or Incle, then put them into your kettle when the water boyleth, and when it boyleth, scum it clean, let it boyl untill it be so tender that you may thrust a straw through it, then let it cool untill the next morning, by the souced meats you may know how to souce it.

To boyle a gammon of Bacon.

Water your Gammon of Bacon twenty four hours, then put it into a deep kettle with some sweet hay, and let it boyle softly six or seven houres, then take it up with a scummer and a plate, and take off the skin whole, then stick your Gammon full of Cloves, strew on some grosse Pepper, then cut your skin like Sippets, and garnish your Gammon, and when you serve it, stick it with bayes.

To

To boil a Rabbet.

Fley and wash a Rabbet, and slit the hinder legs on both sides of the Back-bone, from the forward, and trusse them to the Body, set the head right up with a sciver right down in the neck, then put it to boiling with as much water as will cover it, when it boils scum it, season it with Mace, Ginger, Salt, and Butter, then take a handfull of Parsley, and a little Thyme, boil it by it self, then take it up, beat it with the back of a Knife, then take up your Rabbet, and put it into a dish, then put your Hearbs to your broth, and scrape in a Carret root, let your broth boil a little while, put in salt, pour it on your Rabbet, and serve it.

To boil a Mallard with a Cabbage.

Half rost your Fowl, then take it off, and case it down, then put it into a Pipkin with the Gravie, then pick, and wash some Cabbage, and put to your Mallard with as much fair water as will cover it, then put in a good piece of Butter, and let it boil an hour, season it with Pepper and Salt, and serve it upon sops.

To boil a Duck with Turneps.

Half rost her, then cover it with liquor, boil your Turneps by themselves half an hour, then cut them in Cakes and put them to your Duck, with Butter and Parsley chopt small, and when it hath boiled half an hour, season it with Pepper and Salt, and serve them upon sops.

To boil Chickens, and Sorrel sops.

Trusse your Chickens, and boil them in water and salt very tender, then take a good handfull of Sorrel, and beat it stalks and all, then strain it, and take

a Manchet, and cut it in sippets, and drie them before the fire, then put your green broth upon the coals, season it with Sugar, and grated Nutmeg, and let it stand until it be hot, then put your sippets into a dish, put your Chickens upon them, and pour your sauce upon it, and serve it.

To boyle a Pike in white Broth.

Cut your Pike in three pieces, and boyle it with Water and Salt, and sweet Hearbs, let it boyl until it staine, then take the yolks of half a dozen Egges, and beat them with a little Sack, Sugar, melted Butter, and some of the Pikes broth, then put it on the fire to keep warm, but stir it often, lest it curdle, then take up your Pike, and put the head and tail together, then cleave the other pieces in two, take out the back bone, and put the one piece on the one side, and the other piece on the other side, but blanch all, then pour on your white broth, garnish your dish, with sippets, and boyled Parslie, and strew on powder of Ginger, and wipe the edge of the dish round, and serve it.

To boyle divers kinds of Fishes.

Bat Conger, Thornback, Plaice, Salmon, Trout, or Mullet, boyle any of these with Water, Salt, and sweet Hearbs, when they boyle scum it very clean, then put in Vinegar, and let it boyle till you think it is enough, your liquor must be very hot of the Salt, then take it off, you may let it stand five or six dayes in the liquor, then if you will keep it longer, pour that liquor away and put Water and Salt to it, or soucing drinke, you must remember to let your Mulletts boyl softly, and your Thornback and other Fish very fast, you must blanch your Thornback while it is warm, and when you serve any of these Fishes, strew on some green Hearbs.

To

To make Sallet of all manner of Hearbs.

Take your Hearbs, and pick them clean, and the Floures, wash them clean, and swing them in a strainer, then put them into a dish, and mingle them with Cucumbers, and Lemons, sliced very thin, then scrape on Sugar, and put in Vinegar and Oyle, then spread the floures on the top, garnish your dish with hard Egges, and all sorts of your Floures, scrape on Sugar, and serve it.

To stew Steaks between two dishes.

You must put Parsly, Currans, Butter, Verjuice, and two or three yolks of Egges, Pepper, Cloves, and Mace, and so let them boyle together, and serve them upon sops likewise you may do steaks of Mutton or Beef.

To stew Calves-feet.

Boyle them, and blanch them, cut them in two, and put them into a Pipkin with strong broth, then put in a little powder of Saffron, and sweet Butter, Pepper, Sugar, and some sweet hearbs finely minced, let them stew an hour, put in Salt and serve them.

To stew a Mallard.

Roste your Mallard halfe enough, then take it up, and cut it in little pieces, then put it into a dish with the gravie, and a piece of fresh Butter, and a handfull of Parslie chopt small, with two or three Onions, and a Cabbage-lettice, let them stew one hour, then season it with Pepper and Salt, and a little Verjuice, then serve it.

To stew Trouts.

Draw your Trouts and wash them, and then put them into a dish with white Wine and water, & a piece

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of

of fresh Butter, then take a handful of Parsley, a little Thyme, and a little Savorie, mince these small, and put to your Trouts with a little Sugar, let them stew half an hour, then mingle the yolks of two or three hard Eggs, and strew them on your Trouts with Pepper and Salt, and then let them stew a quarter of an hour, and serve them.

To stew Smelts or Flounders.

Put your Smelts or Flounders into a deep Dish with white Wine and Water, a little Rosemary and Thyme, a piece of fresh Butter, and some large Mace, and Salt, let them stew half an hour, then take a handful of Parsley, and boil it, then beat it with the back of a knife, then take the yolks of three or four Eggs, and beat them with some of your Fish Broth, then dish up your Fish upon sippets, pour on your sauce, scrape on Sugar, and serve it.

To stew a Rabbit.

Half roast it, then take it off the spit, and cut it in little pieces, and put it in a dish with the Gravy, and as much liquor as will cover it, then put in a piece of fresh Butter, and some powder of Ginger, some pepper and salt, two or three Pippins minced small, let these stew an hour, then dish them upon sippets.

To stew a Pullet or Capon.

Half roast it, then cut it into pieces, and put into a dish with the gravy, and put in a little Cloves and Mace, with a few Barberies or Grapes, put these to your Pullet with a pint of Claret, and a piece of Butter, let these stew an hour, dish them upon sippets, serve it.

To

To stew cold Chickens.

Cut them up in pieces, put them into a Pipkin of strong broath, and a piece of butter, then grate some bread, and a Nutmeg, thicken your broth with it, season your meat with gross Pepper and Salt, dish it upon sippets, and serve it.

To make Paste for a pasty of Venison.

Take almost a peck of flower, wet it with two pound of butter, and as much suet, then wet your Pasty, put in the yolks of eight or ten Eggs, make it reasonable lithe paste, then roul it out, and lay on suet; First lay a paper under your paste, then lay on your Venison, close it, pinke it, baste it with butter, and bake it, when you draw it out, baste it with butter.

To make Paste for a Pie to keep long.

Your flower must be of Rye, and your liquor nothing but boiling water, make your paste as stiff as you can, raise your Coffin very high, let your bottom and sides be very thick, and your lid also.

To make Paste for a Custard.

Your Liquor must be boiling water, make your paste very stiff, then roul out your paste, and if you would make a great Tart, then raise it, and when you have done, cut out the bottom a little from the side, then roul out a thin sheet of paste, lay a paper under it, strew flower that it may not stick to it, then set your coffin on it of what fashion you will, then dry it, and fill it, and bake it.

To make Paste for buttered Loaves.

Take a pottle of Flower, put thereto Ginger, and Nutmegs, then wet it with Milk, yolks of Eggs, Yest,

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and

and Salt, then make it up into little loaves, then butter a Paper, and put the loaves on it, then bake them when they are baked, draw them forth, and cut them in Cakes, butter them, then set them as they were, scrape on Sugar, and serve them.

To make Paste for Dumplings.

Season your flower with Pepper, Salt, and Yest, let your water be more then warm, then make them up like Manchets, but let them be somewhat little, then put them into your water when it boileth, and let them boil an hour, then butter them.

To make Puff-paste.

Take a quart of flower, and a pound and a half of butter, and work the half pound of butter dry into the flower, then put three or four Eggs to it, and as much cold water as will make it lithe paste, then work it in a piece of a foot long, then strew a little flower on the table, and take it by the end, beat it until it stretch long, then put the two ends together, and beat it again, and so do five or six times, then work it up round, and roul it up broad, then beat your pound of butter with a rousing pin, that it may be lithe, then take little bits of your butter, and stick it all over the paste, then fold up your paste close and coast it down with your rowling pin, and roul it out again, and so do five or six times, then use it as you will.

To bake a gammon of Bacon.

You must first boil it two hours, before you stuffe it, stuffe it with sweet hearbs, and hard Eggs chopt together with Parsley.

To bake fillets of Beef, or elods, instead of red Deer.

First take your Beef, and lard it very thick, then sea-

season it with Pepper and Salt, Ginger, Cloves, and Mace good store, with a great deal more Pepper and Salt then you would do to a piece of Venison, then close it, and when it is baked put in some Vinegar, Sugar, Cinnamon and Ginger, and shake it well, then stop the vent-hole, and let it stand three weeks before you spend it.

To bake Calves Feet.

Season them with pepper, Salt, and Currans, when they be baked, take the yolks of three or four Eggs, and beat them with Verjuice or Vinegar, Sugar, and grated Nutmeg, put it into your pie, scrape on Sugar, and serve it.

To bake a Turkie.

Take out her bones and guts, then wash him, then prick his back together again, then perboil him, season him with pepper and salt, stick some Cloves in the breast of him, then lard him, and put him into your Coffin with Butter, in this sort you may bake a Gose, Feasant, or Capon.

To bake a Hare.

Take out his bones, and beat the flesh in a mortar with the Liver, then season it with all sorts of spices, then work it up with three or four yolks of Eggs, then lay some of it all over the bottome of your pie, then lay on some Lard, and so do untill you have laid on all, then bake it well with good store of sweet butter.

To bake Quinces or Wardens so, as the fruit look red, and the crust white.

Your Wardens must be stewed in a pipkin with Claret Wine, Sugar, Cinnamon, and Cloves, then cover your pipkin with a sheet of paste, and let it stand

in the oven five or six hours, then raise a Coffin of short paste, put in your Wardens with Sugar, and put it into the Oven, when it hath stood an hour, take it out and wash it with Rose-water and Butter, then scrape on Sugar, and put it in a quarter of an hour more, and it will be red upon the top, then scrape on Sugar and serve it.

To bake Chucks of Veal.

Perboil two pound of the lean flesh of a leg of Veal, so it may be eaten, mince it as smal as grated bread, with four pound of Beef Suet, then season it with Biskay Dates, and Carraways, Rosewater, Sugar, Raisins of the Sun and Currants, Cloves, Mace, Nutmeg, and Cinnamon, then mingle them altogether, fill your pies, and bake them.

To bake a Chicken Pie.

Season your chicken with Nutmeg, Salt and Pepper, and Sugar, then put him into your coffin, then take some Marrow and season with the same spice, then roul it in yolks of Eggs, and lay it on your Chicken with minced Dates, and good store of butter, then bake it, and put in a little Sack, or Muscadine, or white Wine and Sugar, then shake it, scrape on Sugar, and serve it.

To bake a Steak Pie.

Cut a neck of Mutton in steaks, beat them with a cleaver, season them with pepper and salt, and Nutmeg, then lay them on your Coffin, with butter and large Mace, then bake it, then take a good quantity of Parsley, and boil it, beat it as soft as the pulp of an Apple, put in a quarter of a pint of Vinegar, and as much white wine with a little sugar, warm it well, and pour it over your steaks, then shake it, that the gravy and the liquor may mingle together, scrape on sugar and serve it.

To

To make an Italian Pudding.

Take a Manchet, and cut it in square peeces like a Die, then put to it half a pound of Beef suet minced smal, Raisins of the Sun the stones picked out, Cloves, Mace, minced, Dates, Sugar, Marrow, Rose-water, Eggs, and Cream, mingle all these together, and put it into a dish fit for your stufte, in less then an hour it will be baked, then scrape on Sugar, and serve it.

To bake a Florentine.

Take the kidney of a loin of Veal, or the wing of a Capon, or the leg of a Rabbet, mince any of these smal with the Kidney of a loin of Mutton, if it be not fat enough, then season it with Cloves, Mace, Nutmegs, and Sugar, Cream, Currans, Eggs and Rose-water, mingle these four together, and put them into a dish between two sheets of paste, then close it and cut the paste round by the brim of the dish, then cut round about like Virginal keyes, then turn up one, and let the other lie, then pink it, cake it, scrape on sugar, and serve it.

To roast a Breast of Veal.

Take Parsley and Thyme, wash them, and chop them smal, then take the yolks of five or six Eggs, grated bread and cream, mingle them together with Cloves, Mace, Nutmeg, Currants, and Sugar, then raise up the skin of the breast of Veal, and put in your stufte, prick it up close with a skiver, then roast it, and baste it with butter, when it is roasted, wring on the juyce of Lemon, and serve it.

To roast a Hare.

Care your Hare, but cut not off her ears, nor her leggs, then wash her, and dry her with a cloth, then make

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make a pudding and put into her belly, then sow it up close, then truss her as if she were running, then spit her, then take some Claret Wine, and grated bread, sugar, and Ginger, Barberries, and Butter, boil these together for your sauce.

To roast a Shoulder of Mutton.

Roast it with a quick fire that the fat may drop away, and when you think it is half roasted, set a dish under it, and slash it with a knife across as you do Pork, but you must cut it down to the bone on both the sides, till the gravy run in the dish, baste it no more after you have cut it, put unto the gravy half a pint of white wine Vinegar, a handful of Capers and Olives, five or six blades of Mace, and a handful of Sugar, and stew all these together, and pour it on your meat.

To roast a Neats-tongue.

Boile him, and blanch him, cut out the meat at the but end, and mingle it with Beef suet as much as an Egge, then season it with Nutmeg, and Sugar, Dates, Currans, and yolks of raw Eggs, then put your meat to your Tongue, and bind it with a Caul of Veal or Mutton, then roast it, baste it with Butter, save the gravy, and put thereto a little Sack or Muscadine, let it stew a little while, then pour it on your Tongue, and serve it.

To roast a Pig with a pudding in his belly.

Fley a fat Pig, truss his head looking over his back, then temper as much stufte as you think will fill his belly, then put it into your Pig, and prick it up close, when it is almost roasted wring on the iuyce of a Lemon, when you are ready to take it up, take four or five yolks of Eggs, and wash your Pig all over, mingle your bread with a little Nutmeg, and Ginger, then

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then dry it, and take it up as fast as you can let your sauce be Vinegar, Butter, and Sugar, the yolk of a hard Egge minced, and serve it hot.

To roast a Leg of Mutton.

Cut holes in a Leg of Mutton with a knife, then thrust in slices of Kidney suet, and stick it with Cloves, roast it with a quick fire, when it is half roast cut off a piece, underneath and cut it into thin slices, then take a pint of great Oysters with the liquor, three or four blades of Mace, a little Vinegar and Sugar, stew these till the liquor be half consumed, then dish up your Mutton, pour on the sauce, and serve it.

To roast a Neck of Mutton.

Cut away the swag, and roast it with a quick fire, but scorch it not, baste it with Butter a quarter of an hour, after wring on the juyce of half a Lemon, save the gravy, then baste it with Butter againe, wring on the other half of the Lemon, when it is roasted dry it with Manchet and grated Nutmeg, then dish it, and pour on your sauce.

To roast a Shoulder or Haunch of Venison, or a Chine of Mutton.

Take any of the meats and lard them, prick them with Rosemary, baste them with butter, then take half a pint of Claret Wine, Cinnamon, Ginger, Sugar, and grated Bread, Rosemary, and Butter, let all boil together until it be as thick as Watergruel, then put in a little Rosewater and Musk, it will make your Gallintine taste very pleasantly, put it on a sitting dish, draw off your meat, and lay it into a dish, strew it with Salt.

To roast a Shoulder or Fillet of Veal.

Take Parsly, winter Savory, and Thyme, mince these smal with hard Eggs, season it with Nutmeg, pepper, Currans, work these together with raw yolks of Eggs, then stuffe your meat with this, roast it with a quick fire, baste it with Butter, when it is roasted, take the gravy and put thereto Vinegar, Sugar, and Butter, let it boile, when your meat is roasted pour this sauce on it, and serve it.

To roast a Giggitt of Mutton.

Take your Giggitt, with Cloves and Rosemary, and lard it, roast it, baste it with Butter, and save the gravy, put thereto some Claret wine, with a handful of Capers, season it with Ginger and Sugar, when it is boiled well, dish up your Giggitt, and pour on your sauce.

To fry Bacon.

Take Bacon and slice it very thin, then braise it with the back of your knife, and fry it with sweet Butter, and serve it with Vinegar.

To fry Chickens.

Boile your Chickens in water and Salt, then quarter them into a pan with sweet Butter, and let them fry leisurely, then put thereto a little Verjuyce, and Nutmeg, Cinnamon, and Ginger, the yolks of two or three raw Eggs, stir these well together, and dish up your Chickens, pour the sauce upon them.

To fry Calves-feet.

Boile them, and blanch them, then cut them in two, then take good store of Parsly, put thereto some yolkes of Eggs, season it with Nutmeg, Sugar, pepper, and Salt, and then roul your Calves feet in them,

them, and fry them with sweet Butter, then boil some Parsley and beat it very tender, put to it Vinegar, Butter, and Sugar, heat it hot, then dish up your Feet upon sippers, pour on your sauce, scrape on some Sugar, and serve it hot.

To fry Tongues.

Boil them, and blanch them, cut them in thin slices, season them with Nutmeg, Sugar, Cinnamon, and Salt, then put thereto the yolks of raw Eggs, the core of a Lemon cut in square pieces like a Die, then fry them in spoonfuls with sweet Butter, let your sauce be white Wine, Sugar, and Butter, heat it hot, and pour it on your Tongues, scrape on Sugar, and serve it.

To make Fritters.

Make your Batter with Ale, and Eggs, and Yest, season it with Milk, Cloves, Mace, Cinnamon, Nutmeg, and Salt, cut your Apples like Beans, then put your Apples and Butter together, fry them in boiling Lard, strew on Sugar, and serve them.

To souce Brawn.

Take up your Brawn while it be hot out of your boiler, then cover it with Salt, when it hath stood an hour, turn the end that was under upward, then strew on Salt upon that, then boil your soucing drink, and put thereto a good deal of Salt, when it is cold, put in your Brawn with the Salt that is about it, and let it stand ten dayes, then change your soucing drink, and as you change your soucing drink put in Salt, when you spend it, if it be too Salt, change it in fresh drink.

To souce a Pig.

Cut off the Head, and cut your Pig into two fleiks, and take out the Bones, then take a handful of sweet
Herbs

Hearbs and mince them small, and then season your Pig and Hearbs with Nutmeg, Ginger, Cloves, Mace, and Salt, then strew your Hearbs in the inside of your Pig, then roll them up like two Collars of Brawn, then bind them in a cloth fast, then put them a boiling in the boiling pot, put in some Vinegar and Salt, when they are boiled very tender, take them off, let them stand in the same liquor two or three dayes, then put them into soucing drink, and serve it with Mustard and Sugar.

To souce Eeles.

Take two fair Eeles and fley them, cut them down the back, and take out the Bones, and take good store of Parsley, Thyme, and sweet Majorani, mince them small, season them with Nutmeg, Ginger, Pepper, and Salt, strew your Hearbs in the inside of your Eeles, then roll them up like a Coller of Brawn, put them into a cloth, and boil them tender with Salt and Vinegar, and when they are boiled, then take them up, let it be in the pickle two or three dayes, and then spend them.

To souce a Breast of Veal.

Take out the bones of a Breast of Veal, and lay it in water ten or twelve hours, then take all manner of sweet Hearbs and mince them small, then take a Lemon, and cut it in thin slices, then lay it with your Hearbs in the inside of your Breast of Veal, then roll it up like a Coller, and binde it in a cloth, and boil it very tender, then put it into soucing drink, and spend it.

To souce a Tench or Barbel.

First cut them down the Back, then wash them, then put them a boiling with no more water then will cover them, when they boil, put in some Salt and Vinegar,

Vinegar, scum it very clean, when it is boiled enough, take it up, and put it into a dish fit for the Fish, then take out the bones, pour on as much liquor as will cover it, with grated Nutmeg, and powder of Cinnamon, when it is cold serve it.

To souce a Fillet of Veal.

Take a fair Fillet of Veal and lard it very thick, but take out the bones, season it with Nutmeg, Ginger, Pepper and Salt, then roll it up hard, let your liquor, be the one half white Wine, the other half Water, when your liquor boileth put in your meat, with Salt and Vinegar, and the peel of a Lemon, then scum it very clean, let it boil until it be tender, then take it not up until it be cold, and souce it in the same Liquour.

To marble Beef, Mutton, or Venison.

Stick any of these with Rosemary and Cloves, then roast it, being first joynted very well, then baste it often with water and salt, and when it is thoroughly roasted take it up, and let it cool, then take Claret Wine, and Vinegar, and as much water, boil it with Rosemary, Bayes, good store of Pepper, Cloves, Salt, when it hath boiled an hour take it off, and let it cool, then put your meat into a Vessel, and cover it with this liquor and Hearbs, then stop it up close, the closer you stop it the longer it will keep.

To marble Fish.

Take Flounders, Trouts, Smelts, or Salmons, Mulletts, Makrels, or any kinde of shell Fish, wash them, and dry them with a cloth, then fry them with Sallade oyl or clarified Butter, fry them very crisp, then make your pickle with Claret Wine, and fair Water, some Rosemary, and Thyme, with Nutmegs cut in slices, and Pepper and Salt, when it hath boyled
half

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half an hour, then take it off, and let it cool, then put your Fish into a vessel, cover it with Liquor and Spice, and stop it close.

To make a Tart of Wardens.

You must first Bake your Wardens in a pot, then cut them in quarters, and core them, then put them into your Tart with Sugar, Cinnamon, and Ginger, then close up your Tart, and when it is almost baked, do it as your Warden pie, scrape on Sugar, and serve it.

To make a Tart of grean Pease.

Take green Pease and seeth them tender, then pour them out into a Cullender, season them with Saffron, Salt, and sweet Butter, and Sugar, then close it, then bake it almost an hour, then draw it forth and ice it, put in a little Verjuice and shake it well, then scrape on Sugar, and serve it.

To make a Tart of Rice.

Boil your Rice, and pour it into a Cullender, then season it with Cinnamon, Nutmeg, Ginger, and Pepper, and Sugar, the yolks of three or four Egges, then put it into your Tart with the juice of an Orange, then close it, bake it, and ice it, scrape on Sugar, and serve it.

To make a Tart of Mealers.

Take Medlers that are rotten, then scrape them, then set them upon a Chafingdish of coales, season them with the yolks of Egges, Sugar, Cinnamon, and Ginger, let it boil well, and lay it on paste, scrape on Sugar, and serve it.

To make a Tart of Cherries.

Take out the stones, and lay the Cherries into your Tart,

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Tart, with Sugar, Ginger, and Cinnamon, then close your Tart, Bake it, and ice it, then make a Sirrup of Maskadine and Damask water, and pour this into your Tart, scrape on Sugar, and serve it.

To make a Tart of Strawberries.

Wash your Strawberries, and put them into your Tart, season them with Sugar, Cinnamon, Ginger, and a little red Wine, then close it, and bake it half an hour, ice it, scrape on Sugar, and serve it.

To make a Tart of Hips.

Take Hips and cut them, and take out the seeds very clean, then wash them, season them with Sugar, Cinnamon, and Ginger, then close your Tart, bake it, ice it, scrape on Sugar, and serve it.

To make a Pippin Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then stew them with Claret Wine, Cinnamon, and Ginger, let them stew half an hour, then pour them out into a Cullender, but break them not, when they are cold lay them one by one into the Tart, then on lay on Sugar, bake it, ice it, scrape on Sugar, and serve it.

To scald Milk after the Western Fashion.

When you bring your Milk from the Cow, strain it into an earthen pan, and let it stand two hours, then set it over the fire until it begin to heave in the middle, then take off, but jog it as little as you can, then put it in a room where it may cool, and no dust fall into it: this Milk or Cream you may keep two or three dayes.

To make a Junket.

Take Ewes or Goats Milk, if you have neither of these

these, then take Cowes milk, and put it over the fire to warm, then put in a little Runnet to it, then pour it out into a dish and let it cool, then strew on Cinnamon & Sugar, then take some of your aforesaid Cream and lay on it, scrape on Sugar and serve it.

To make Bonny Clutter.

Take Milk, and put it into a clean earthen pot, and put thereto Runnet, let it stand two dayes, it will be all in a Curd, then season it with some Sugar, Cinnamon and Cream, then serve it, this is best in the hottest of the summer.

To make a Whitepot.

Take a quart of Cream and put it over the fire to boil, season it with Sugar, Nutmeg, and Cinnamon, Sack, and Rosewater, the yolks of seven or eight Egges, beat your Egges with Sack and Rosewater, then put it into your Cream, stirre it that it curdle not, then pare two or three Pippins, core and quarter them, and boil them with a handful of raisins of the Sun, boil them tender, and pour them into a Cullender, then cut some sippets very thin, and lay some of them in the bottom of the dish, and lay on half your Apples and Currans, then pour in half your Milk, then lay on more sippets, and the rest of your Apples and Raisins, then pour on the rest of your Milk, bake it, scrape on Sugar, and serve it.

To make a Pudding in haste.

Take a pint of Milk, and put thereto a handful of Raisins of the Sun, and as much Currans, and a piece of Butter, then grate a Manchet, and a Nutmeg also, and put thereto a little flower when your Milk boileth, put in your bread, let it boil a quarter of an hour, and put in a piece of butter in the boiling of it, and stir it alwayes, then dish it up, pour on butter and serve it.

To

To make a pudding in a Dish.

Take a quart of Cream, put there a pound of Beef Suet minced small, put it to your Milk, season it with Nutmeg, Sugar and Rosewater, and Cinnamon; then take some seven or eight Egges, and beat them very well, then take a cast of Manchets, and grate them and put unto it, then mingle these together well, then put it into a dish, and bake it, when it is baked, scrape on Sugar, and serve it.

To boile Cream.

Take a quart of Cream, and set it a boiling with Mace, whilst your Cream is boiling, cut some thin sippets, then take seven or eight yolks of Eggs, beat them with Rosewater and Sugar, and a little of your Cream, when your Cream boileth, take it off the fire, and put in your Egges, and stir it very fast that it curdle not, then put your sippets into the dish, pour in your cream and let it cool, when it is cold, scrape on Sugar, and serve it.

To draw Butter.

Take your Butter and cut it into thin slices, put it into a dish, then put it upon the coals where it may melt leisurely, stir it often, and when it is melted put in two or three spoonfulls of water, or Vinegar, which you will, then stir and beat it until it be thick.

Lady of Arundels Manchet.

Take a Bushel of fine wheat flour, twenty Eggs three pound of fresh Butter, then take as much Salt, and Barm, as to the ordinary Manchet, temper it together with new Milk, pretty hot, then let it lie the space of half an hour to rise, so you may work it up into bread, and bake it, let not your Oven bee too hot.

To

To boil Pigeons.

Boil them in Water and Salt, take a handful of Parsley, and as much Thyme stript, two spoonfuls of Capers minced altogether, and boil it in a pint of the same liquor a quarter of an hour, then put in two or three spoonfuls of Verjuice, two Eggs beaten, let it boil a little, and put to it a little Butter, when you have taken it off the fire, stir this altogether, and pour it upon the Pigeons with fippers round the dish.

A Florendine of sweet-breads or Kidneyes.

Parboil three or four Kidneyes, and mince them small, season them with Nutmeg, one stick of Cinnamon, beat as much Sugar as will sweeten it, and a penny loaf grated, and the Marrow of three bones in good pieces, and a quarter of a pound of Almond-paste, a Glasse of Mallego Sack, two spoonfuls of Rosewater, a grain of Amber Greece, and a quarter of a pint of Cream, three or four Eggs, and mix it altogether, and make it up in paffe paste, and bake it three quarters of an hour.

A Pork Pie.

Boil your leg of Pork, season it with Nutmeg, and Pepper and Salt, bake it five hours in a high round Pie.

A Chicken Pie.

Scald and season your chickens with Nutmegs, as much Sugar as Cinnamon, Pepper and Salt, then put them into your Pie, then put three quarters of a quartered Lettice, and six Dates quartered, and a handful of Gooseberries, and half a sliced Lemon, and three or four branches of Barberries, and a little Butter, you may use to four Chickens three Marrow bones rolled

rolled in yolks of Eggs, and Ringo roots, and some preserved Lettice; make a Caudle, and put in when the Pie comes out of the Oven, an hour and a half is enough to stand in the Oven.

A Lamb Pie.

Take the same ingredients you did for the Chicken Pie, only leave out the Marrow, the Ringo roots, and the preserved Lettice, make your caudle of white Wine, Verjuice, and Butter, put it in when your pie comes out of the Oven.

Sauce for a Shoulder of Mutton.

Take a spoonful of Hearbs, and as many Capers, half a pint of white Wine, half a Nutmeg, and two Eggs, when it is boiled put a piece of Butter to the gravie, when tis boiled, take it off, & put the butter in.

A Lumber Pie.

Take three or four sweet-breads of Veal, parboil and mince them very small, then take the Curd of a quart of Milk, turned with three Eggs, and half a pound of Almond paste, and a penny loaf grated, mingle these together, then take a spoonful of sweet hearbs minced very small, also six ounces of Oringado and mince it, then season all this with a quarter of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolks of Eggs, three spoonfuls of water, three or four Marrow Bones, mingle all this together except the Marrow, then make it in long boles about the bignesse of an Egg, and in every bole put a good piece of Marrow, put these into the pie, then put in a quarter of a pound of Butter, and half a sliced Lemon, then take a caudle of white wine, Sugar, and Verjuice, put it in when you take your pie out of the Oven, you may use a grain of Musk and Ambergreece.

An Oyster Pie.

Season your Oysters with Nutmeg, pepper and salt, and sweet hearbs, your Oysters being first thrown into scalding;

scalding water and parboiled, season them and put them into the pie, put two or three blades of Mace, and half a sliced Lemon, and the Marrow of two bones rolled in the yolks of Eggs and some Butter, then let your Pie stand almost an hour in the Oven, then make a candle of Verjuice, butter, and sugar, put it in your pie when you take it out of the Oven; you may use two Nutmegs to one quart of Oysters, and as much Pepper as the quantity of three Nutmegs, but lesse salt, and one spoonful of sweet Hearbs.

A Hartechoak Pie

Take the bottoms of boiled Hartechoaks, & quarter them, & take the meat from the Leaves, season it with half an ounce of Cinnamon, & half an ounce of beaten Nutmegs, and two ounces of Sugar, and put them into your pie, and boild marrow, rol'd in yolks of Eggs, and six blades of large Mace, Lemon sliced, six quartered Dates, and a quarter of a pound of Ringo roots, half a pound of fresh butter; then let it stand in the Oven one hour, and when you take it out, put a caudle into your Pie, made of white Wine, Sugar, & Verjuice.

A Calves foot Pie.

Mince your Calves feet very smal, then season them with two Nutmegs, and three quarters of a ounce of Cinnamon, one quarter of a pound of Sugar, half a pound of Currans, two Lemon peels minced, and ten Dates minced, three spoonfuls of Rosewater, and half a pound of fresh Butter, bake it an hour, and put a caudle into it, made of white wine, Sugar, & Verjuice.

A Skerret Pie.

Take a quarter of a peck of Skerrets blanched, and sliced, season them with three Nutmegs, and one ounce of Cinnamon, and three ounces of Sugar, and ten quartered Dates, and the marrow of three bones rolled in yolks of Eggs, and one quarter of a pound of Ringo roots, and preserved Lettice, a sliced Lemon, four blades of Mace, three or four branches of
pre-

served Barberies, and half a pound of Butter, then let it stand one hour in the Oven, then put a caudle made of white wine, Verjuice, Butter and Sugar, put it into the Pie, when it comes out of the Oven.

A Calves Head Pie for Supper.

Boil your Calves head almost enough, cut it in thin slices all from the bone, season it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much salt as there is seasoning, then take a spoonful of sweet hearbs minced small, and two spoonfuls of Sugar, and two or three Hartechoak bottoms boiled, and cut them in thin slices, and the Marrow of two bones, rolled in yolks of Eggs, a quarter of a pound of Ringo roots, and a quarter of a pound of Currans, then put it into your pie, and put a quarter of a pound of butter, and a sliced Lemon, three or four blades of Mace, three or four quartered Dates, let it stand an hour or more in the Oven, then when you take it out, put into it a caudle made of Sugar, white wine, Verjuice, and Butter.

A Lark Pie.

Take three dozen of Larks, season them with four Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then take the Lumber pie meat, and fill their bellies if you will, if not, take half a pound of suet, and one pound of Mutton minced, half a pound of raisins of the Sua, and six Apples minced altogether very small, then season it with a Nutmeg, Pepper and Salt, and one spoonful of sweet Hearbs, and a Lemon peel minced, one penny loaf grated, a quarter of a pint of Cream, two or three spoonfuls of Rosewater, three spoonfuls of Sugar, one or two spoonfuls of Verjuice, then make this in boles, and put it into their Bellies, and put your Larks in your pie, then put your Marrow rol'd in yolks of Eggs upon the Larks, and large Mace, and sliced Lemon, and fresh Butter; let it stand in the Oven an hour,

when you take it out, make your caudle of butter, Sugar, and white wine vinegar, put it into the pie.

A hot Neats Tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it in thin pieces, season it with a Nutmeg, and a quarter of an ounce of pepper, and as much salt as seasoning, then take six ounces of Currans, season altogether, and put it into the pie, then put a Lemon sliced, and Dates, and butter, then bake it, and let it stand one hour and a half, then make a caudle of white wine and verjuice, sugar and eggs, and put it in when you take it out of the Oven.

A Cold Neats Tongue Pie.

Your Tongue being boiled, blanched, and larded with Pork or Bacon, season it with the same ingredients the Deer hath, that is three Nutmegs, three races of Ginger, half an ounce of Cloves and Mace together, and half an ounce of pepper, beat your spices altogether, more salt then seasoning, and likewise lay in the liquor, bake it two hours, but put one pound of butter into your pie before you lid it.

A Potato Pie for Supper.

Take three pound of boiled and blanched Potatoes, and three Nutmegs, and half an ounce of Cinamon beaten together, and three ounces of Sugar, season your Potatoes, and put them in your pie, then take the marrow of three bones, rolled in yolks of Eggs, and sliced Lemon, and large Mace, and half a pound of Butter, six Dates, quartered, put this into your pie, and let it stand an hour in the Oven; then make a sharp caudle of butter, Sugar, Verjuice and white wine, put it in when you take your pie out of the Oven.

Pigeon or Rabbet Pie.

Take one ounce of pepper and more Salt, then season your Pigeons or Rabbits, and take two Nutmegs grated with your seasoning, then lay your Rabbet

bet in the Pie, and one pound of Butter, if you heat the Ric hor, then put in two or three slices of Lemon, and two or three blades of Mace, and as many branches of Barberries, and a good piece of fresh Butter melted, then take it, and let it stand an hour and half, but put not in the fresh Butter till it comes out of the Oven.

To make Puffe Paste.

Break two Eggs in three pints of flower, make it with cold water, then roul it out pretty thick and square, then take to much Butter as paste, and lay it in rank, and divide your Butter in five pieces, that you may lay it on at five several times, roul your paste very broad, and take one part of the same Butter in little pieces all over pour paste, then throw a handful of flower slightly on, then fold up your paste and beat it with a roulng pin, so roul it out again, thus do five times, and make it up.

A Pudding.

Take a quart of Cream, and two Eggs, beat them, and strain them into the Cream, and grate in a Nutmeg and half, take six spoonfuls of flower, beat half a pound of Almonds with that Cream, and put it into the Cream, and mix this together, boil your pudding an hour and no more; First flour the Bag you put it in, then melt fresh Butter, and take Sugar and Rosewater, beat it thick, and pour it on the pudding, you may put to a little Milk, and stick blanched Almonds and Wafers in it; add to the same pudding, if you will a pennie loaf grated, a quarter of Sugar, two marrow bones, one glasse of Mallico Sack, six Dates minced, a grain of Ambergreece, agrain of Musk, two or three spoonfuls of Rosewater, bake this pudding in little wood dishes, but first butter them, your Marrow must be stuck to and again, then bake it half an hour, five or seven at a time, and so set them order in the dish, and garnish them with a sprig in the middle, and wafers about it, strew Sugar about the branch, and sliced Lemon, set four round, and one in the Top.

Frigasie of Veal.

Cut your Meat in thin slices, beat it well with a rolling pin, season it with Nutmeg, Lemon, and Thyme, fry it slightly in the pan, beat two Eggs, and one spoonful of Verjuice, and put into the pan, and stir it together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices, season it with Nutmeg, Pepper, and Salt, mince some Thyme and Lemon, and throw it upon your meat, then fry it slightly in a pan, then throw in two Eggs beaten in Verjuice and Sugar into the pan, also a handfull of Gooseberries, shake it together and dish it.

Frigasie of Chickens.

Kill your Chickens, pull skin and feathers off together, cut them

them in thin slices, season them with Thyme and Lemon minced, Nutmeg and salt, a handful of Sorrel minced, and then fry it well with six spoonfuls of water, and some fresh Butter, when its tender take three spoonfuls of Veriuce, one spoonfull of Sugar, beat it together, so dish it with sippets about.

Another Frigasse of Chickens.

Take the former Ingredients, and add to it boiled Hartshoak bottoms, with the meat of the leaves, and a handful of scalded Goosberries, and boiled Skerrets, and Lettice tosd in butter, when they are boiled, add two spoonfuls of Sugar, two Eggs and Veriuce beaten together, and lay your Lettice upon your Chickens, as before, and sliced Lemon upon it, and sippets about the dish.

A Frigasse of Rabbits.

Cut your Rabbits in small pieces, and mince a handful of Thyme and Parsley together, and a Nutmeg, Pepper and Salt, season your Rabbits, then take two Eggs, and Veriuce beaten together, and throw it in the pan stick it, and dish it up in sippets.

To braise a Shoulder of Mutton.

Half roast your Mutton at a quick fire, cut it in thin slices, stew it with Gravy, sweet Majoram, and Capers, and Onions, three Anchovies, two Oysters, half a Nutmeg, half a sliced Lemon, stir this altogether with the meat, let it stew till it be tender in a dish, then break three or four yolks of Eggs, and throw it in the dish with some Butter, to tie it well together, and dish it with sippets.

To make a Cake.

Take half a peck of flour, two pound and half of Currans, three or four Nutmegs, one pound of Almond paste, two pound of Butter, and one pint of Cream, three spoonfuls of Rosewater, three quarters of a pound of Sugar, half a pint of Sack, a quarter of a pint of Yell, and six Eggs, so make it, and bake it.

To make a Leg of Mutton three or four Dish.

Take a Leg of Mutton, cut out the flesh and the bone, but save the skin whole, divide the meat in three pieces, and take the tenderest, and cut it in thin slices, and beat it with a rolling pin, season it with Nutmeg, Pepper, and Salt, and mince Thyme and Lemon Peel, fry it till it be tender, then beat two Eggs with a spoonful of Veriuce, throw two Anchovies into the pan, shake it altogether, and put it into the dish with sippets round the dish, being dressed with Barberies scalded, Parsley and hard Eggs minced.

Another part of the same meat stew in a dish, with a little white Wine, a little Butter, and sliced Lemon, one Anchovie, two Oysters, two blades of Mace, a little Thyme in a branch, and

and one whole Onion, take out the Thyme, and the Onion when it is stewed, do it altogether on a chafing dish of coals till it be tender, then dish it, garnish your dish with hard Eggs, and Barberies, and sliced Lemon, and sippets round the dish.

Take another part of the same meat, mince it small with Beef-suet, and a handful of Sage, to three quarters of a pound of suet add one pound of meat, you may use a spoonfull of Pepper and Salt, mix this altogether, and stuff the skin of the Leg of Mutton, hard skiver it close, and spit it at a quick fire, and well roast it in an hour.

Take another part of the same meat, then put in the Pepper and Salt, with a grated Nutmeg, some sweet Herbs and a Lemon peel minced, a penny loaf grated, one spoonful of Sugar, a quarter of a pound of Raisins, and a quarter of Currans, mince altogether with the meat, and the Suet, and the rest of the Ingredients, put to two spoonfuls of Rosewater, and as much Salt as Spice, then make it up in little long-boles or rouls, and butter your dish, and lay them in with a round bole in the midst, set them in an Oven half an hour, then pour out the liquor which will be in the dish, and melt a little Butter, Veriuce, and Sugar, and pour upon it, garnish your dish, stick in every long roul a flower of paste, and a branch in the middle.

To sauce an Ele.

Scour your Ele with a handful of Salt, split it down the back, take out the chine bone, season the Ele with Nutmeg, Pepper, and Salt, and sweet Herbs minced, then lay a Packthread at each end, and the middle roul up like a Coler of Brawn, then boil it in Water, and Salt, and Vinegar, and a blade or two of Mace, and half a sliced Lemon, boil it half an hour, keep it in the same liquor two or three dayes, then cut it out in round pieces, and lay six or seven in dish, with Parsley and Barberies, and serve it with Vinegar in saucers.

To sauce a Calves Head.

Boil your Calves head in Water and Salt so much as will cover it, then put in half a pint of Vinegar, a branch of sweet Herbs, a sliced Lemon, and half a pint of white Wine, two or three blades of Mace, and one ounce or two of Ginger sliced, boil it altogether till it be tender, keep it in the liquor two or three dayes, serve it, the dish upright, and stick a branch in the mouth, and in both the Eyes, garnish the dish with Jelly or pickled Cucumbers, with saucers of Vinegar, and Jelly, and Lemon minced.

A stewed Rabbit.

Cut your Rabbit in pieces, and season it with Pepper, and Salt, Thyme, Parsley, winter Savoury, and sweet Majoram, three Apples, and three Onions minced altogether, stew it till it be tender

A True Gentlewomans Delight.

tender with Vinegar and Water, put a good piece of Butter in, stir it together in your dish, put sippets in the bottom then serve it up with the head in the middle of the dish, with sippets in the mouth

Lay your Pig in the same Ingredients you did for your Calves Head, use the same for a Capon, and the same for a Leg of Mutton.

To boil Chickens.

Boil your Chickens in Water, and Salt, and Wine Vinegar, a blade of Mace, a good handful of Endive, and as much Succory, two handfuls of Skerrets boiled and blanched, when the Chickens and these things are stewed, take a pint of Liquor up, and put to a quarter of a pint of white wine, and one ounce and half of Sugar, and three Eggs to thicken it, a piece of Butter to lay them in the dish, and pour it on

To boil a Rabbit.

Boil them in water and Salt, mince Thyme and Parsley together, a handful of each, boil it in some of the same liquor, then take three or four spoonfuls of Veriuce, a piece of Irish Butter, two or three Eggs, stir the Eggs together in the liquor, set it upon the fire till it be thick, then pour it upon the Rabbit, so serve it in.

To boil a Duck.

Half roast your Duck with a quick fire, take as much wine and water as will cover them, take some Thyme and Parsley, and one handful of sweet Maioram, two blades of Mace, half a Lemon sliced, stew these together half an hour without Onions, take some of your liquor and thicken it with three or four Eggs, two or three spoonfuls of Veriuce, a piece of Butter and as much Sugar as will lie upon it, dish your Duck, and boil three or four slices of Lemon by it self, and hard Eggs minced, put this upon your Duck, then pour your Liquor upon it with Barberies; so you may boil Pigeons with the same Ingredients, or Plover, or Teal.

A roasted Shoulder of Mutton.

When it is roasted slash it, and carbonado it, take two spoonfuls of Capers, and a little Thyme, and Lemon minced, half a Nutmeg, two Anchovies, a quarter of a peck of Oysters, mixed altogether, boil them one hour in strong broth and white wine, then pour it upon the meat, with hard Eggs minced, and sippets round the dish, throw first Salt on the meat, then hard the Eggs, sliced Lemon, and Barberies.

FINIS.